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Thursday, August 29, 2013

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Chill Winston is now allowed to keep its Gastown patio open until midnight. EMILY JACKSON/METRO

Select few city patios granted expanded hours

Lucky 13. Pilot project will run through October with council's blessing

Curfew has been extended to midnight at some Vancouver patios — as long as they promise to stay on their very best behaviour.

A month after city council approved a pilot project to "improve the patio experience," 13 establishments have been granted the right to let patrons eat and drink outside past 11 p.m.

The city posted an online application last week to extend hours for businesses with "evidence of good behaviour" and no noise complaints on file, and it reserves the right to "revoke permission" at any time.

The city refused to reveal which patios will stay open later because it would "violate privacy," but Metro found Gastown's Chill Winston more than happy to notify guests of the extra time for libations.

Manager Jenya Patrief got the go-ahead from the city two days prior to the debut of Chill Winston's revised midnight curfew for its large patio on Wednesday.

She was slightly bemused by the city's timing, considering the rain clouds have settled in after July's record sunshine, but she'll take the additional hour even if it's too cold by next week.

"One hour is better than nothing," she said. "It was heartbreaking to stop seating people at 10 p.m."

The extra hour will be a "major change" for her business, as the weather is supposed to be great for the long weekend.

But given that the patio doubles capacity at the restaurant, Patrief could have used more notification from the city to adjust staffing. Had it done so earlier, she would have hired more staff.

She's also unsure whether her neighbours have been notified and is concerned nearby condo owners will complain if they haven't been made aware of the changes in advance.

The city will run the project until Oct. 31 and then gather feedback and report to council. With such a small sample size and limited notification, it will be interesting to see if the pilot succeeds.

Not everyone was pleased the last time council expanded patio hours. Patrons were allowed to revel outdoors until 1 a.m. during the 2010 Winter Games, despite neighbours' complaints. EMILY JACKSON/METRO

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Tumour removed

B.C. NDP caucus chair recovering after undergoing emergency surgery

B.C. NDP caucus chair Shane Simpson underwent successful emergency surgery Wednesday morning after doctors discovered a tumour on his colon Tuesday.

The Vancouver-Hastings MLA started having abdominal pain on Monday and was admitted to hospital Tuesday, NDP spokesman Mike Lowe said.

The surgery was a success and doctors were able to remove the tumour, Lowe said, but Simpson will be in the hospital for a few days as he begins his recovery.

The illness came as a surprise to Simpson and his colleagues.

"He hasn't had a known problem in the past," Lowe said.

It's too early to speculate how long Simpson will need to recover, he added, but deputy chair and Burnaby-Deer Lake MLA Kathy Corrigan will fill his shoes as caucus chair in the interim.

The chair is an important internal leadership role responsible for running the executive meetings.

Simpson has served as chair since Jan. 2011.

He was first elected MLA in 2005 and also serves as the opposition critic for labour.

EMILY JACKSON/METRO

Birds need to be discouraged from approaching this, the active face of Vancouver's landfill. COURTESY CITY OF VANCOUVER

Wanted: Bird patrol for city's landfill

But no firearms allowed. Avian scavengers scatter litter, can be a hazard for low-flying aircraft

EMILY JACKSON
emily.jackson@metronews.ca

Keeping gulls away from garbage is a tough job, but the city needs someone to do it at Vancouver's landfill.

The only rule is you can't shoot the birds.

The city is requesting quotations for three years of bird-control services to keep the creatures off the active face of Vancouver's landfill, a 70-by-35-metre area where garbage is received from Vancouver, Delta, Richmond, White Rock, UBC and a portion of Surrey.

The city is required to try to shoo the birds due to its proximity to the Boundary Bay Airport, as large flocks can be a hazard to low-flying aircraft. Birds also have a tendency to scatter litter, which can "create a negative image of landfills," according to the RFQ.

Firearms aren't allowed, but a variety of other techniques including flying predatory birds, noise makers and distress calls can be used to scare the gulls, bald eagles and crows that find themselves intrigued by the garbage.

And there are more than a few avian guests.

Approximately 32,000 glaucous-winged gulls and 700 bald eagles were counted at the dump during the 2011 Christmas bird count. While bird numbers are typically higher during the winter, this illustrates the scope of the problem.

Whoever gets the job needs a commercial falconry permit to scare gulls and harass eagles. They will need between six to eight predatory birds and 480 noise makers per week in the winter, as the sounds are fired every five minutes for eight hours each day.

They must report back to the city monthly on the daily activity of the scavenging birds.

Vancouver ranked 3rd most livable city in the world (again)

Just because Vancouverites are used to living in one of the best cities in the world doesn't mean they don't like getting frequent reminders of the city's desirability.

This time the pat on the back comes from the Economist Intelligence Unit, which awarded Vancouver third prize on its 2013 livability ranking after Melbourne and Vienna.

It's Vancouver's third year in a row with the bronze after it slipped from its decade-long reign at the top in 2011.

The city got top marks for culture and the environment, what with its "greenest city" goals, but slipped when it comes to infrastructure.

The survey did note, however, that the Evergreen Line and apparent plans to build more transit will have a long-term benefit.

While the ranking isn't based on hockey teams, Canucks fans won't be surprised their hometown beat Toronto and Calgary, which ranked fourth and fifth.

It must be noted that on the EIU separate ranking of the world's "best" cities that includes factors such as connectivity and cultural assets, Toronto placed 8th and Vancouver fell out of the top 10.

EMILY JACKSON/METRO

Ain't Vancouver pretty? It's also the third most livable city in the world, according to the Economist Intelligence Unit. EMILY JACKSON/METRO

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The doctor is in Vancity.
Star of hit TV show House plays impromptu show

Hugh Laurie brought down the House this week during a surprise piano performance at a Vancouver jazz club.

The House star was in town for the filming of Disney's Tomorrowland, which stars Laurie and George Clooney, when he stopped by the Cellar Jazz Club on West Broadway to watch Rob Montgomery play guitar.

Ted Stout, who was in the audience, said Laurie was sitting at the bar when Montgomery asked Laurie to join him on stage.

Tickling the ivory, Laurie wowed the audience with his skilled stride piano to the tune of T-Bone Shuffle.

"A lot of people think that (stride piano) is easy," said Stout. "It's not easy."

Laurie stayed on stage for three songs and appeared to really enjoy himself, said Stout.

"He was smiling, laughing — having a great time," he said.

Although the actor is best known for his role as the curmudgeon Dr. Gregory House on the medical TV drama, he is also a trained musician. He marked the release of his second blues album, Didn't It Rain, in May.

The club's owner, Corey Weeds, said the performance wasn't planned, but Laurie had made a reservation for 7:30 that night.

He said Laurie likely chose his club because there isn't a lot of live jazz in the city.

ELIZABETH HAMES/FOR METRO

Hugh Laurie plays piano during a surprise performance at Cellar Jazz Club in Vancouver Monday night. CONTRIBUTED

It's a nice day for a wet wedding

Newlyweds Cam Auge and Caylee Wasilenko share a kiss as they waterski in Bedwell Bay in North Vancouver on Wednesday. The couple exchanged vows on the dock at the Vancouver Water Ski Club, then hit the water to seal the deal with a waterski and a kiss. JONATHAN HAYWARD/THE CANADIAN PRESS

Controversy.
Backlash to Palestine transit ads

A controversial ad campaign on Vancouver's transit system showing the territory of Palestine shrinking into the state of Israel will run in other Canadian cities this fall, says the coalition behind the images.

"We do know that in other Canadian cities, for example in Toronto and in Calgary, there will be ads" running sometime this fall sponsored by advocates in those cities, said Charlotte Kates, a spokeswoman for seven Vancouver-based groups calling themselves the Palestine Awareness Coalition.

Kates said the images, which went up in Vancouver on Tuesday, show the steady occupation of Palestinian territory by Israel. The coalition got the idea for the "Disappearing Palestine" campaign from similar ads that have run in American cities like New York, Seattle and San Francisco.

Jewish groups have declared strong opposition to the ads.

THE CANADIAN PRESS

Education minister hopes for resolution

Optimistic. Peter Fassbender says with the 'right attitude' the education workers' strike can be prevented

ELIZABETH HAMES
vancouver@metronews.ca

Education Minister Peter Fassbender is seen during a ceremony announcing the B.C. Liberals' new cabinet in downtown Vancouver on June 7. With B.C.'s education workers poised to strike, Fassbender says he is optimistic students won't have to cross picket lines to get to class this fall. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

With B.C.'s education workers poised to strike, the province's education minister says he is optimistic students won't have to cross picket lines to get to class this fall.

"We are hoping and believing that with the right attitude we can come to a positive resolution," Peter Fassbender said in a teleconference with media on Wednesday afternoon.

CUPE, the union representing more than 27,000 B.C. education workers, has said its members could strike as early as mid-September.

The union argues B.C.'s education assistants, custodians, school-bus drivers, trades personnel and other education staff have been without a contract for more than a year and haven't received a pay raise in more than four years. It's asking for an annual wage increase of two per cent.

However, Fassbender said the government is relying on the educational sector to help it run a tight fiscal ship today so it can invest more dollars in education in the future. He said the government is working with school districts to find efficiencies within their own systems to help fund any wage increases.

The province has set aside $4.7 billion for K-12 education through 2015-16.

Both parties return to the bargaining table next week, soon after students return to school.

The B.C. Teachers Federation has said its members will stand in solidarity with the workers in the event of a strike, but it hasn't confirmed whether teachers would picket alongside any striking employees.

Fassbender refused to say what the government might do if teachers respect any picket lines.

Watch out. Police on the prowl for rowdy pre-grad parties in North Van

North Vancouver police are advising parents to keep tabs on their teens this weekend, as they brace for rowdy "pre-grad" parties.

Every year on Labour Day weekend, incoming Grade 12 students in North Vancouver sneak away to the forests near their schools for alcohol-fuelled festivities marking the beginning of their graduation year.

Cpl. Richard De Jong, spokesperson for North Vancouver RCMP, said these celebrations have a reputation for delinquency.

Previous "pre-grad" parties have ended in pour-outs, tickets, criminal charges and trips to the hospital.

"The alcohol gets the best of them," De Jong said.

"They make poor choices around vandalism, perhaps even drinking and driving. We've had assaults."

Police have developed a strategy of patrolling key areas during the long weekend, De Jong said. Last year, police joined forces with the North Vancouver School District, Parks and Recreation and the North Vancouver Fire Department to stop the parties before they start.

ELIZABETH HAMES/FOR METRO

Health. Many young professionals feel they are overweight, survey finds

Play Taxi Media, the Canadian-based media company with a national network of touch screens in taxicabs, polled more than 5,000 young professional riders across the country in July and August about their feelings regarding weight loss. Surprisingly, the majority of respondents feel like they have some work to do.

Fifty-eight per cent of riders reported being a little over their desired weight and almost half of those riders feel like they are "overweight."

When asked how much weight they would ideally like to lose over the next year, 20 per cent said they would be happy after losing less than 10 pounds, but 39 per cent admitted to wanting to lose more than 30 pounds.

In order to achieve their weight-loss objectives, passengers suggested that trying or continuing to use weight-loss programs would be a big part of the strategy.

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Taste of the PNE

Metro sent sports reporter Cam Tucker on a tour of the PNE's culinary delights (and frights). This is his story.

CAM TUCKER/METRO
cam.tucker@metronews.ca

1 All your breakfast needs. Bacon and banana finally together in one dish

2 The Vortex. Sure to fill any black hole in your stomach

3 Magic hands. Gourmet Burgers' Brian Jones explains the 'finesse' behind his exotic fare

Whoever first decreed breakfast as the most important meal of the day probably wasn't thinking crocodile burgers and deep-fried pie.

Before the Pacific National Exhibition opened to the public Wednesday, a group of reporters was taken in to taste the fare of the fair.

How this reporter got such a strenuous assignment is an office secret. Someone had to do it.

Our day starts with a stop by Cheese Please.

Not a bad way to begin. We're not diving face-first into something that will instantly clog the arteries, so that's good.

And then it hits me: the quick punch of the spicy jalapeno, the key ingredient in a grilled-cheese sandwich known as the Jalapeno Popper.

In hockey, this is known as setting the tone.

"What's next?"

How about some deep-fried pie? Yes. Deep-fried pie. This shouldn't come as a shock. After all, PNE food includes deep-fried butter (tried it once in 2010, girlfriend still laughs at me for it), deep-fried Oreos and deep-fried cheesecake.

The deep-fried caramel apple pie didn't last long.

Neither did the deep-fried Philly cheesesteak at Pickle Pete's.

Ever had a Banana Bacon Ear — pastry stuffed with banana and bacon and coated with icing sugar? Me neither. Until Wednesday.

I didn't think bacon and banana would go well together but then I remembered one golden culinary rule: bacon goes well with everything.

Then it was on to Gourmet Burgers, a new vendor at the PNE. Its operator, Brian Jones of Langley, is — here's the only slightly ironic part — a kinesiologist.

He's a self-admitted "foodie" and has taken on the challenge of cooking and preparing hamburgers that include crocodile, kangaroo and camel meat.

"It takes some finesse," he said of cooking such exotic meats.

Since I'm not an apex predator like those gigantic ancient reptiles, I never envisioned the day I would eat crocodile.

What peaked my interest at Gourmet Burgers, however, was the Vortex — a gigantic hamburger too big for one man, no matter how gluttonous.

An impressive structure, standing approximately six inches tall, with a thick meat patty scrunched between two grilled-cheese sandwiches acting as the buns.

"Oh. My. God," I tweet.

A sampling of chicken wings and some soft-serve ice cream concluded our tour.

When it was over, this reporter, breathing a little heavier than when he first arrived, snuck away for some "fresh squeezed" lemonade and, of course, a bag of mini donuts.

And now I'm full.

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Spiralling mayhem

Iraq blasts kill at least 70 in latest round of attacks

Car-bomb blasts and other explosions tore through Shiite districts around Baghdad during morning rush hour Wednesday in a day of violence that killed at least 70, intensifying worries about Iraq's ability to tame the spiralling mayhem gripping the country.

It was the latest set of large-scale sectarian attacks to hit Iraq, even as the government went on "high alert" in case a possible Western strike in neighbouring Syria increases Iraq's turmoil.

A relentless wave of killing has left thousands dead since April in the country's worst spate of bloodshed since 2008. The surge in violence raises fears that Iraq is hurtling back toward the widespread sectarian killing that peaked in 2006 and 2007, when the country was teetering on the edge of civil war.

THE ASSOCIATED PRESS

Syria in U.S. sights

Jordan refuses to be a launching pad for strike

Jordan will not be used as a launching pad for attacks on Syria and the kingdom favours a diplomatic solution to the crisis, a Jordanian government spokesman said Wednesday.

A U.S.-led strike on Syria in response to the alleged use of chemical weapons by President Bashar Assad's regime likely would involve cruise missile attacks from the sea, which would not need to cross or make use of Jordanian territory.

But the remarks underline the U.S. ally's efforts to avoid further friction with its larger neighbour for fear that Assad or his Iranian backers could retaliate.

The remarks come a day after Jordan hosted a meeting of top commanders from Western and Middle Eastern countries, including some that are likely to participate in a military action.

THE ASSOCIATED PRESS

Obama: Syria used chemical weapons

Attack on civilians. White House furthers plans for a possible military response; fears of strike ripple across Middle East

President Barack Obama says the U.S. has concluded the Syrian government carried out a large-scale chemical weapons attack against civilians last week.

Obama says the U.S. has examined evidence and doesn't believe the opposition fighting the Syrian government possessed chemical weapons or the means to deliver them.

Obama says he hasn't made a decision about how the U.S. will respond.

The White House says it's planning a possible military response while seeking support from international partners. But the U.S. has not yet presented proof of Syrian government involvement in the attack.

Some lawmakers are calling for Obama to seek congressional approval for a military action.

Fears of a possible U.S. strike against Syria's regime rippled across the region Wednesday, as about 6,000 Syrians fled to neighbouring Lebanon in a 24-hour period and Israelis scrambled for gas masks in case Damascus retaliates against them.

The Israeli government ordered a "limited" call-up of reserve units to bolster civil-defence preparations and to operate air-defence units near the border. Officials said the call-up is anticipated to bring in hundreds of troops.

UN chief Ban Ki-moon pleaded for more time for diplomacy and to allow UN investigators to complete their work.

U.S. leaders have charged that Assad's government was behind the Aug. 21 attack that Doctors Without Borders says killed at least 355 people.

THE ASSOCIATED PRESS

Regime involvement

U.S. to dish out proof

The U.S. has not presented concrete proof of Syrian regime involvement in the attack, and UN inspectors have not endorsed the allegations. But two senior Obama administration officials said U.S. intelligence agencies are drawing up a report laying out the evidence against Assad's government. A declassified version of the report would be made public.

THE ASSOCIATED PRESS

A wounded Syrian woman and her child are have been treated in Israeli hospitals since

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treated at the Israeli Ziv hospital on Wednesday in the northern town of Safed, Israel. About 140 Syrians who have been wounded in fighting in neighbouring Syria the beginning of the civil war. URIEL SINAI/GETTY IMAGES

Humanitarian effort. Canada downplays military role in Syria

The Canadian government has hinted that its military role in Syria could be limited and that any contribution to an international effort will be mainly political and humanitarian.

Foreign Affairs Minister John Baird says Canada does not have the weapons to contribute to the types of attacks being discussed.

"Some have speculated in the media and elsewhere that it could involve cruise missiles and armed drones — neither of which Canada has," Baird told reporters after meeting with a Syrian opposition figure Wednesday.

Baird used a brief address to the media to outline Canada's $90-million aid program for the country, saying more than half of that sum would go to food assistance for four million people and shelter and sanitation for 87,000 displaced people.

The Canadian government also appears poised to offer its political blessing to a military intervention.

THE CANADIAN PRESS

Foreign Affairs Minister John Baird speaks to reporters in Montreal on Wednesday. GRAHAM HUGHES/THE CANADIAN PRESS

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The moment we sleep, the dream ends: Obama

Martin Luther King Jr. President uses 50th anniversary of speech to stress fight not over

Rev. Dr. Martin Luther King Jr. speaks to thousands during his "I Have a Dream" speech on Aug. 28, 1963. THE ASSOCIATED PRESS FILE

The United States' first African-American president paid tribute Wednesday to its most revered civil-rights hero, standing on the steps of the Lincoln Memorial to urge Americans to continue fighting for equality and justice, 50 years after Rev. Martin Luther King Jr.'s historic "I Have a Dream" speech from the same spot.

"They did not die in vain; their victory was great," Barack Obama said of King and other slain civil-rights leaders of the tumultuous 1960s as he delivered his address just after 3 p.m. on Wednesday, the same date and time that King did a half-century ago.

"But we would dishonour those heroes as well to suggest that the work of this nation is somehow complete. The arc of the moral universe may bend towards justice, but it doesn't bend on its own."

Obama's remarks capped a rainy day of events that began when as many as 100,000 people marched through the drizzle to the National Mall.

Obama and many of the participants — which included Oprah Winfrey, members of King's family, Caroline Kennedy and former presidents Jimmy Carter and Bill Clinton — noted that while King called for equality and justice for all in 1963, African-Americans and other minorities still face significant obstacles.

John Lewis, now a congressman from Georgia who was the youngest speaker at King's March on Washington for Jobs and Equality, pointed out that illegal immigrants are currently "hiding in fear," that African-American men are incarcerated at higher rates per capita than any other demographic and that unemployment and homelessness are still rampant.

Indeed, in the decades since King's famous speech, race relations remain a painful, ongoing concern. Obama himself has often served as a flashpoint for race-tinged ire from his foes.

A recent Public Policy Polling survey suggested a third of those in Louisiana even blame Obama for Hurricane Katrina, which devastated New Orleans three years before he won the Oval Office. THE CANADIAN PRESS

No rest for the moral

"To secure the gains this country has made requires vigilance, not complacency."

U.S. President Barack Obama

U.S. President Barack Obama and first lady Michelle leave at the end of the Let Freedom Ring ceremony at the Lincoln Memorial on Wednesday in Washington, D.C. ALEX WONG/GETTY IMAGES

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Artist flees after Putin paintings seized

Russia. Artwork of president in women's undergarments one of four confiscated as exhibition shut down

A museum director says an artist whose paintings depicted Russian President Vladimir Putin and Prime Minister Dmitry Medvedev in women's undergarments has fled the country.

The director of St. Petersburg's Museum of Power, Tatiana Titova, said Wednesday that Konstantin Altunin left for France and was planning to request asylum there.

Which law?

A police statement did not specify which laws may have been violated.

- A Russian law prohibits insulting state authorities.
- Another law bans so-called homosexual propaganda aimed at minors.

Authorities removed four of Altunin's satirical depictions of Russian politicians on Monday and shut down the exhibition.

Last year, an exhibit that depicted members of the Pussy Riot punk band as holy icons drew the ire of religious and pro-government activists, who came to protest the exhibition's opening.

THE ASSOCIATED PRESS

A visitor photographs a painting titled Travesty by Konstantin Altunin at an exhibition in St. Petersburg, Russia. YELENA PALM, INTERPRESS/THE ASSOCIATED PRESS

Detroit

Man admits he stole dad's body

In exchange for avoiding prison, a man has pleaded guilty to stealing his father's body from a Detroit cemetery — hoping to bring him back to life.

Vincent Bright, 48, stole the body of 93-year-old Clarence on Jan. 14 and stored it in a home freezer where police, acting on a tip, found it.

THE ASSOCIATED PRESS

No Jumbotron at this game

Elephants line up Wednesday for the opening ceremony of the King's Cup Elephant Polo tournament in Hua Hin, Thailand — the 12th year for the event. Proceeds from the tournament go to help rehabilitate elephants rescued from abuse. PAULA BRONSTEIN/GETTY IMAGES

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Pot pile-on. Ford toked 'a lot,' while Wynne puffed 'very, very infrequently'

Ontario's premier and Toronto Mayor Rob Ford threw themselves in the political pot debate Wednesday, confessing they too smoked dope — and more than once.

Ford, who's been fighting allegations that he smoked crack cocaine, raised eyebrows when he freely admitted to using a different drug.

"Oh yeah," he said with a laugh. "I won't deny that. I smoked a lot of it."

Ontario Premier Kathleen Wynne also came clean that she puffed, but "very, very infrequently" and stopped 35 years ago, before her children were born and she was elected.

"It's never been a big part of my life," said the 60-year-old premier.

They're the latest high-profile politicians to own up to using marijuana, after Liberal Leader Justin Trudeau admitted last week that he took a pull on a joint three years ago while he was an MP. THE CANADIAN PRESS

Toronto Mayor Rob Ford answers questions at a press conference at city hall in May. Ford is adding fuel to the controversy surrounding his alleged use of illegal drugs by publicly admitting that he's smoked pot. MICHELLE SIU/THE CANADIAN PRESS

Birth-control pills. Doctor 'disturbed' by second recall

Women who have been taking an oral contraceptive that's been recalled due to a packaging error could be at risk of an unwanted pregnancy if the entire batch was affected, says the head of the Society of Obstetricians and Gynaecologists of Canada.

Dr. Jennifer Blake said women who have been taking the birth-control pill Freya-28 in the last few months should speak to their doctors and temporarily use an additional method of contraception, such as a condom.

On Tuesday, Health Canada issued a notice of recall for Freya-28 after a pharmacy reported that a package had been found that contained a placebo pill in place of an active one.

The Freya-28 recall is the second for an oral contraceptive this year.

"I was so disturbed to see that this had happened again," said Blake, calling it "twice too often." THE CANADIAN PRESS

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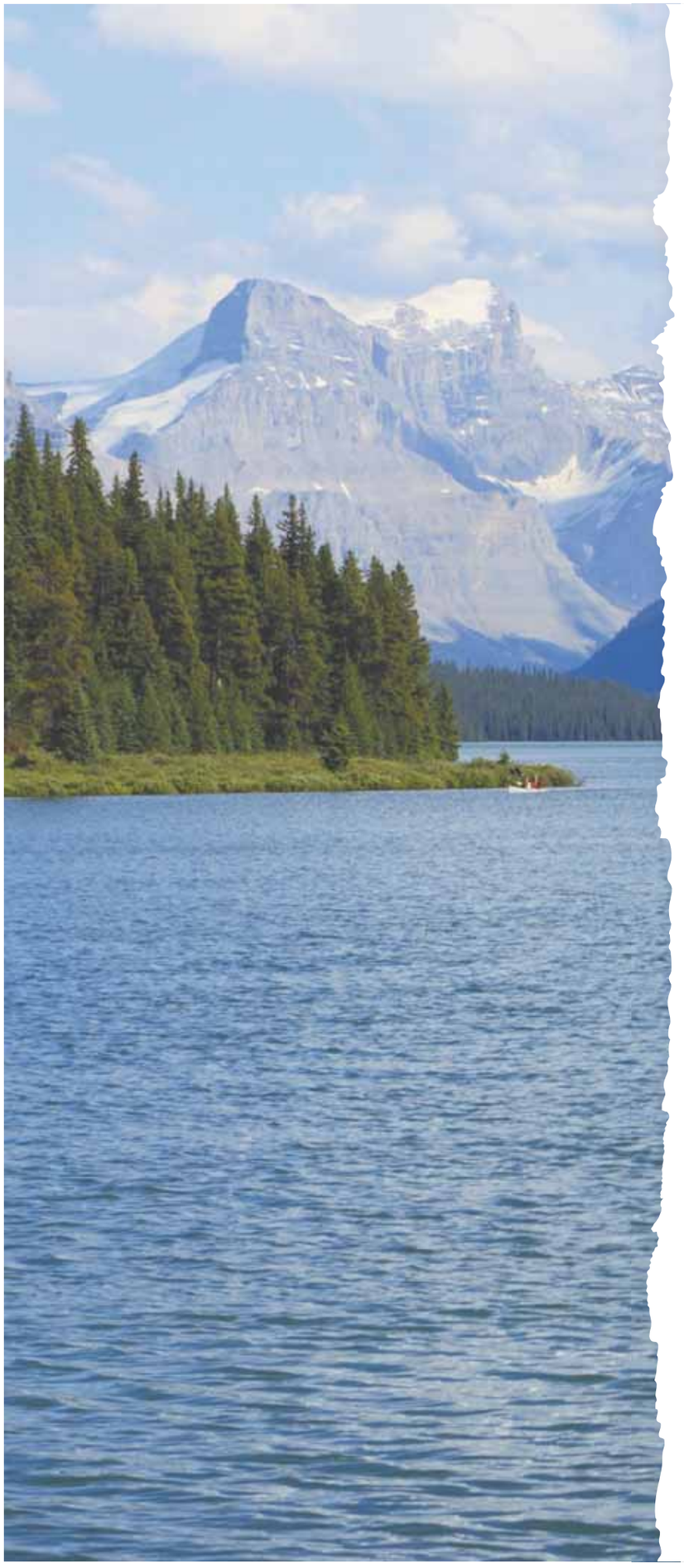

If the government let a giant foreign corporation buy up half of Canada's water, you would be outraged.

Then why are we letting them buy half of Canada's newest prime airwaves?

Like water, Canada's airwaves are a limited, precious national resource. So precious, that the government auctions them off for billions of dollars. Now, the Canadian government's auction rules will allow a giant foreign cellphone corporation to buy 2 of these 4 prime blocks – half the total! The cellphone companies most Canadians use can only buy 1 block, leaving you at a disadvantage.

This rule could put half of this national resource under foreign ownership and control. Canadians should be outraged. In fact, the results are in and 81% of Canadians said no to special treatment for foreign corporations.*

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*Source: Nanos Research Survey, August 2013

Fort Hood shooter gets death penalty

Shooting rampage. Thirteen people were killed in 2009 incident

Kerry Cahill comforts her mother Joleen on Wednesday as they talk about Michael Cahill, who was killed at Fort Hood. ERIC GAY/THE ASSOCIATED PRESS

A military jury on Wednesday sentenced Maj. Nidal Hasan to death for the 2009 shooting rampage at Fort Hood, delivering the only punishment the army believed fit for an attack on fellow unarmed soldiers. The sentence was one that Hasan also appeared to seek in a self-proclaimed effort to become a martyr.

The rare military death sentence came nearly four years after the attack that stunned even an army hardened by more than a decade of constant war. Hasan walked into a medical building where soldiers were getting medical checkups, shouted "Allahu akbar" — Arabic for "God is great!" — and opened fire with a laser-sighted handgun. Thirteen people were killed.

Hasan could become the first U.S. soldier executed in more than half a century. But because the military justice system requires a lengthy appeals process, years or even decades could pass before he is put to death.

The U.S.-born Muslim has said he acted to protect Islamic insurgents abroad from American aggression.

He acknowledged to the jury that he pulled the trigger in a crowded waiting room where troops were getting final checkups before deploying to Iraq and Afghanistan.

It was the worst ever attack on a U.S. military base.

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Privacy. Canadians split over online government surveillance, poll shows

Canadians who were recently surveyed about online privacy were split on whether they approved of governments reading their email.

The poll, commissioned by the Canadian Internet Registration Authority, asked if "it is acceptable or unacceptable for governments to monitor everyone's email and other online activities."

About 49 per cent of respondents said it was "completely unacceptable," about 47 per cent of those surveyed said it was "acceptable in some circumstances" and about four per cent said it was "completely acceptable."

When asked if surveillance would be OK if it could prevent terrorist attacks, about 13 per cent said it would be completely acceptable, about 64 per cent said it would be OK in some circumstances and 23 per cent said it would still be completely unacceptable.

The results suggest Canadians are surprisingly apathetic, said Byron Holland of the Canadian Internet Registration Authority, which manages the .ca domain name registry.

"I think it's fair to say that most of us here and many of us deeper in the Internet community were surprised by Canadians' willingness to give up privacy in the interests of safety," he said. THE CANADIAN PRESS

Are they watching?

About 39 per cent indicated they believed they were already being monitored by the government, while about 15 per cent didn't believe that to be true. About 46 per cent weren't sure.

- **43 per cent** assumed the government was tracking certain search terms.
- **40 per cent** believed the government was saving Internet activity data to be reviewed in the future.

Think you're safe? Canada is no better than the U.S. for online spying: McAfee

Speaking on recent leaks, U.S. software mogul John McAfee says Canada isn't immune from government spying.

"Your Canadian government has all of the facilities that the American government has, no more, no less," he says.

"If you think that the Canadian government is somehow morally or ethically or in any other way superior, you're wrong."

As an anti-virus software tycoon at the head of McAfee Security, he says his early clients ranged from the CIA to the American navy and air force.

"From my experience ... I know for a fact the government knows almost everything about the average citizen."

Ten months ago, McAfee, 67, was a fugitive from the Belize government, wanted for questioning in the mysterious death of his neighbour. THE CANADIAN PRESS

U.S. software mogul John McAfee is in Canada to work on a biographical documentary by a Montreal-based company. GRAHAM HUGHES/THE CANADIAN PRESS

Netherlands knocking

Russia takes heat for menacing ship

Dutch officials are demanding that Russia explain why it threatened to fire on a Greenpeace icebreaker crew protesting energy exploration in the Arctic waters of the Kara sea.

Russia had denied the Dutch-flagged icebreaker Arctic Sunrise a permit to enter the area over concerns about the ship's ice capability, although Russia has granted permits to dozens of vessels with lesser strength. THE CANADIAN PRESS

Unhappy deal

Fast-food march may break record

Organizers say thousands of fast-food workers are set to stage walkouts in dozens of cities around the U.S. on Thursday, part of a push to get chains to pay workers higher wages. It's expected to be the largest nationwide strike by fast-food workers, according to organizers. THE ASSOCIATED PRESS

Safety in question

Two more vendors shut down at CNE

Two more food booths have been shut down at the Canadian National Exhibition, where food poisoning earlier this month forced the closure of a burger stand.

Toronto Public Health said the additional booths — Bourbon Street Grill and Bao 360 Shanghai Express — were closed late Tuesday due to problems with sanitation, food-handling practices and the temperature at which meats were being stored. THE CANADIAN PRESS

Man attacked

Would shock fence have halted bear?

Park officials say they'll never know whether an electric fence failed before a polar bear dragged a man from his tent in northern Labrador. The bear in Torngat Mountains National Park destroyed the fence, so officials said they can't determine if it was working properly. THE ASSOCIATED PRESS

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Made-in-U.S. phone is not pricier to produce: Research

Home advantage. New Moto X is assembled in Texas, but it's cheaper to make than Galaxy S4

Motorola's new Moto X phone doesn't cost more to make simply because it's assembled in Texas, research firm IHS said Wednesday.

The Moto X is the first smartphone to carry the Made in the U.S.A. designation. While labour costs are higher in the U.S. compared with Asian factories, where phones are typically made, IHS said the Moto X is about five per cent cheaper to make than Samsung Electronic Co.'s flagship Galaxy S4 phone.

The firm said the Moto X's overall production cost is just nine per cent more than that of Apple's iPhone 5.

The findings come as little surprise, as the labour cost of a phone is just a small part of its production cost. IHS estimates that labour and other assembly costs Motorola $12 US per phone for the Moto X, bringing the production cost to $226 US. That compares with $207 for the iPhone 5 and $237 for the Galaxy S4. IHS said Motorola is able to keep the cost of parts low by using standard components that don't break much new ground.

Motorola Moto X smartphones are shown at a press preview in New York this month. By assembling the phone in Fort Worth, Texas, Motorola is able to let customers order custom designs online for delivery within four days.
MARK LENNIHAN/THE ASSOCIATED PRESS

Smartphone, smart move?

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs."

Andrew Rassweiler, senior director for cost benchmarking services at IHS

By assembling the phone in Fort Worth, Texas, Motorola is able to let U.S. customers order custom designs online for delivery within four days. Standard black or white models are available immediately at retail stores.

The phone went on sale in the U.S. last Friday, starting with AT&T. It's price is about $200 US with a two-year service agreement.

THE ASSOCIATED PRESS

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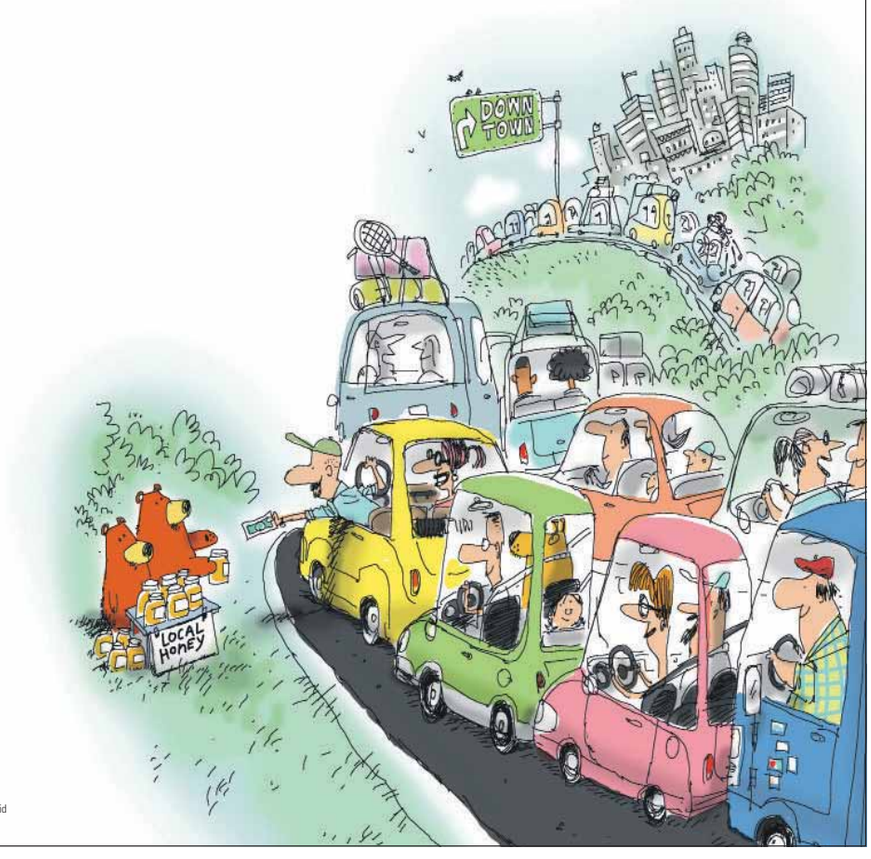

Syria crisis sends Asian stock markets reeling

A woman walks past the day's Nikkei 225 stock index seen on a board in Tokyo on Wednesday. The growing likelihood of Western military action against Syria pummelled Asian stock markets on Wednesday and sent the price of oil soaring. SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Edmonton

Redford will head up trade mission to China

Alberta Premier Alison Redford will lead a delegation to China next month to drum up business in the Pacific Rim. She is to be accompanied by delegates from 15 small businesses and three regional economic development associations, and the presidents of the universities of Alberta and Calgary.
THE CANADIAN PRESS

Market Minute

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HE SAYS

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Good news, everyone! The new 2013 rules for The Game of Life have been released. Not the board game, the real thing.

Effective immediately, cyclists who ding impatiently at pedestrians while riding on the sidewalk must take an eight-week night course explaining the etymology of the word "sidewalk." This is compulsory with the costs covered in full by you. You're welcome.

On public transit, passengers forced to watch couples engage in long, noisy, open-mouthed kisses now have permission to make special requests, such as "More tongue!" We hope this all-in approach will help smooth over any uncomfortable feelings.

On Internet forums, it is now unacceptable to write "Who cares?" under a story that you took the time to click on and read. This will help free up the Internet for substantive conversation, should that ever become an issue.

Also, you may no longer use an online article about, say, butterfly migration to make a point about whichever political party you dislike. Come to think of it, let's just leave all Internet forums blank for now.

You may not complain about your young children on Facebook. Because no matter how bad a parent you are, they will still probably learn to read.

Using a homeopathic remedy for your cold is using something that has never worked on something that has never been cured, retroactive to the Dawn of Man. Please make a note of it.

During bar arguments, use of the phrases "We can't be sure anything's real," "That's just your opinion," and "Paradigm shift" will result in the instant loss of the argument. Bars may order a special "ringside" bell from the Game of Life catalogue to strike at the end of the argument. Order now and we'll throw in a barstool that automatically ejects the user into the street if they use the phrase "You remind me of me at that age."

Cigarette butts are garbage. Live with it.

Cigarette butts and all other garbage must now be held onto even if there is no garbage can within sight. Thanks to special new laws of "cause and effect," smoked cigarettes, empty potato-chip bags and chocolate-bar wrappers are actually smaller and lighter than they were before you consumed their contents, for easy carrying.

Starting without delay, people who sit with laptops in crowded coffee shops will be chalked off by laptop police to ensure they move after 60 minutes. Violators will be towed.

Singing along so loudly at a concert that everyone within three rows is getting an off-key concert from you instead of the artist they paid $110 to see remains totally awesome, so, please, continue.

As per standard operating procedure, these new rules are for jerks and fools only. Nice, smart people can continue as before.

We hope these easy-to-follow guidelines will help you avoid becoming a sack of useless human flesh. There's so much wasted meat in the world as is.

ZOOM

20,000 people need a shower

ALBERTO SAIZ/THE ASSOCIATED PRESS

Tomato fight sullies streets in Spain

Crowds of people throw tomatoes at each other during the annual Tomatina tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, on Wednesday.

Thousands of people are splattering each other with tons of tomatoes in the annual battle in recession-hit Spain, with the debt-burdened town charging participants entry fees this year for the first time.

Bunol officials said some 20,000 people took part in the hour-long street bash, inspired by a food fight among kids back in 1945.

Participants were this year charged 10 euros ($13) to foot the cost of the festival. Residents do not pay.

THE ASSOCIATED PRESS

A woman kneels on the street covered with tomato juice during the annual Tomatina tomato fight.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Debt-ridden city

5 million

Bunol, with 10,000 inhabitants, has a debt of some 5 million euros.

The town said six trucks brought 130 tonnes of ripe tomatoes to the scene.

Portable showers were set up for revellers to clean up after the battle.

The mayor of the town told a press conference that the decision to charge people was "one that no one wanted to make."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

In the past few years, Soundcloud has grown from a promising music-sharing site to an absurdly rich source of new music made easy to find with slick social-network tools. If you haven't tried it, sign up for an account and get started by giving these two a follow.

Cascine:

A London/New York-based record label with an eclectic mix of artists, including some real gems that can best be described as daytime disco. Head over to their page and hit play on the first track. You won't press stop any time soon. (soundcloud.com/cascine)

Johnny Jewel:

The production brains behind Portland's mighty Italians Do It Better label, Johnny Jewel also happens to be a benevolent Soundcloud account holder, regularly posting new tracks, remixes and even full albums of his dark dance music. (soundcloud.com/johnnyjewel)

Twitter

@metropicks asked: What's your biggest cell etiquette pet peeve? Eating with a cellphone on the table? The expectations of a company cell?

@5gatos: being on the phone whilst paying for groceries etc. It's just plain rude to the person serving you.

@JameyMPhoto: Seeing someone talking on the phone while being served in the service industry grinds my gears. It's unbelievably rude.

@josephinecleo: was a makeup artist for years, most annoying is to put lipstick on a gal while she's making pre-drink plans on her cellphone!

@ufosinvancouver: Cellphone usage during stargazing. It creates small scale light pollution and makes it incredibly difficult to focus.

@MOWLondon: reading these replies are all true and so many more .....#depressing. Technology has desensitized so many

@thepolishviking: having an in-person conversation repeatedly interrupted by "oops, I need to take this call/check Facebook/tweet/etc". Ouch.

@SusanDB11: people talking loudly on cellphones on bus/train. Nobody wants to hear your conversation!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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Experimental Arab cinema ... where have you been?

Experiments in Arab Cinema. An unexpected treat for film lovers is coming to Vancouver with seven shorts screening one afternoon

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

There you are, riding the bus to work, thinking, there's not enough experimental Arab cinema on offer in the Lower Mainland. Suddenly, you open Metro to page 21, read this column and — how do you like that? — look what's coming to UBC's Museum of Anthropology on Sept. 15.

Serendipity, man.

Experiments in Arab Cinema: The Traveling Program is the final offering as part of the popular Safar/Voyage exhibition at UBC, which features work from 16 contemporary artists from the Middle East.

Programmed by Canadian film critic Laura Marks, the provocative lineup includes works by internationally renowned Arabic media artists and filmmakers.

"Crossing the boundaries of cinema and visual arts, this afternoon's program provides museum attendees with a cross-section of fascinating media works from the Arab world," says Marks. "Created by artists from Lebanon, Algeria, Egypt and Iraq, these works explore the concepts of travel, exile and displacement in response to the Safar/Voyage exhibition.

"The works use performance, video abstraction, archival imagery and computer animation to question who gets to travel and who stays put, and to travel in the imagination when one cannot travel physically."

Portrait of Iraqi American filmmaker Rheim Alkadhi. CONTRIBUTED

Details

• Short films
There are seven short films showing over a single afternoon: Ziad Antar's Tokyo Tonight (Lebanon, 2003); Ammar Bouras' Un Aller Simple (Algeria, 2003); Rami Abdul Jabbar's Snow (Egypt, 2004); Rheim Alkadi's Subtitles for Stolen Pictures (Iraq, 2007); Hassan Khan's The Dead Dog Speaks (Egypt, 2010); Roy Samaha's Transparent Evil (Lebanon, 2011); and Maha Maamoun's Night Visitor: The Night of Counting the Years (Egypt, 2011).

• Experiments in Arab Cinema
The Traveling Program takes place Sept. 15 (starting at 2:30). That's also the final day of the Safar/Voyage exhibition. The program is free with museum admission. Visit MOA.ca for more information.

• Living Colour in living colour
Living Colour comes to the Commodore Thursday, Oct. 17, with guests. Tickets - $28.50 plus services at LiveNation.com – go on sale tomorrow at 10 a.m.

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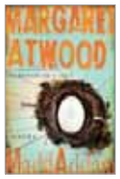
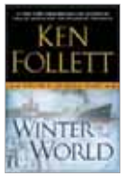


★1. MADDADDAM Margaret Atwood

Combining adventure, humour, romance, superb storytelling, and an imagination that is at once dazzlingly inventive and grounded in a recognizable world, *MaddAddam* is vintage Margaret Atwood, and a moving and dramatic conclusion to her internationally celebrated dystopian trilogy.

Last Week: - / Weeks on List: 1



★2. WINTER OF THE WORLD Ken Follett

Ken Follett follows up his #1 New York Times bestseller *Fall of Giants* with a brilliant, page-turning epic about the heroism and honor of World War II, and the dawn of the atomic age.

Last Week: - / Weeks on List: 1

This Week		Last Week	Weeks on List
3.	OMENS Kelley Armstrong	1	2
4.	THE BONE SEASON Samantha Shannon	2	2
5.	THE GIRL YOU LEFT BEHIND Jojo Moyes	5	2
★ 6.	HOW THE LIGHT GETS IN Louise Penny	-	1
★ 7.	BONES OF THE LOST Kathy Reichs	-	1
8.	THE LAST KISS GOODBYE Karen Robards	8	3
9.	THE KILL LIST Frederick Forsyth	9	2
10.	I DECLARE Joel Osteen	10	4
11.	THE INCONVENIENT INDIAN Thomas King	11	3
12.	WAGING HEAVY PEACE Neil Young	6	5
13.	WALLBANGER Alice Clayton	13	3
14.	THE CASUAL VACANCY J.K. Rowling	14	6
15.	INFERNO Dan Brown	15	15
16.	THE WHITE PRINCESS Philippa Gregory	4	6
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	20
18.	CRAZY RICH ASIANS Kevin Kwan	18	5
★19.	THE SILENT WIFE A.S.A. Harrison	-	1
20.	A TAP ON THE WINDOW Linwood Barclay	3	4

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 2nd

★New this week

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Spurlock takes on One Direction

One Direction: This Is Us. Talented documentarian wants to take the viewer inside the everyday lives of the ultra-famous boyband

NED EHRBAR
Metro World News in Hollywood

One Direction are the subject of Morgan Spurlock's latest documentary. HANDOUT

Documentary filmmaker Morgan Spurlock has taken on plenty of behemoths, from fast food to the hunt for Osama Bin Laden to the pervasiveness of product placement. Now he turns his cameras on the reigning kings of pop music, One Direction. But with a band that was formed on reality TV, how much more is there to reveal?

How do you approach telling the origin story of one of the most well-documented groups in history?

The thing for me coming into it was to do it as quickly and as cohesively as possible. It's a very quick part of the film. That whole story probably isn't more than five to seven minutes of the actual movie. I just wanted to take you on the ride with this group so you can get a sense of coming into their lives, understand what it's really like to be a part of One Direction.

As you show in the film, these guys really have trouble going anywhere.

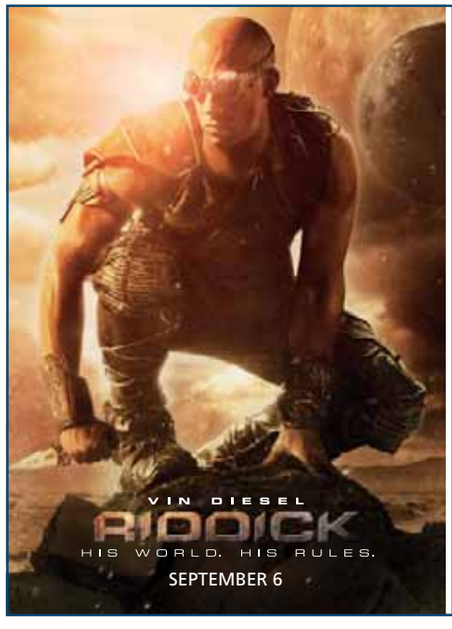
The minute they walk out of their hotel, they get off a plane, there's always people there waiting. They have been blown up through social media — I mean, the fans have really taken ownership of this band — to the point that every time they go anywhere it's literally shared out and broadcast on Twitter. So it's difficult for them to go anywhere now.

Speaking of Twitter, having pop idols isn't necessarily new. But this meteoric rise you discuss in the film, it seems without Twitter it couldn't have happened as fast.

I don't think it would've happened as fast. I think Twitter played a huge part in exploding the band throughout the U.K. first, taking them to Europe. People all over the world heard about them and knew about them before they even had their first record out. So this whole idea of sharing that information was incredible, and part of that is the reason that I think the fans are so dedicated to them and so passionate. It's like having stock in a company.

There's been a lot of coverage of the guys' tendency to roughhouse and play grab-ass with each other, yet there's none of that in the film whatsoever.

You see them goofing around. In the end credits you see some of the wrestling that's happening, you see them messing around with each other. There's nothing to the extent of what the media turns things out to be. People just think that they wake up and wrestle all day, and that just doesn't happen. They're backstage walking around shirtless every day, so that's in there.



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Eva Longoria voices Rudy in the new animated series Mother Up. CONTRIBUTED

Short hair, but mixer of mean martinis

Mother Up. Desperate Housewives star fully utilizing college education but hasn't forgotten how to entertain as she takes on lead role as a mom

She has a distinctive voice — and laugh — but that doesn't mean Eva Longoria is seeking out a singing career in her future. "People hear me and say, 'You have a great voice, you can sing!' but I can't," she readily admitted. "I am horrible. I can't sing, but I can be Rudy."

Rudy is the sarcastic, smart, narcissistic — throw in about a half dozen other adjectives — streetwise mom in the new animated series Mother Up. A mid-season addition to City's line-up, the show follows Rudy, a former music exec, as she navigates the roads of suburban motherhood.

"I think that is a compliment," Longoria, who starred in eight seasons of Desperate Housewives, added about her voice. "After Desperate Housewives I thought it would be easy to go into the sound booth without hair and makeup and just crawl into something … but it is not easier; ... It is very hard to create a character in a sound booth."

Not only is Longoria adding her voice to Mother Up, she is also executive producing it, along with this summer's successful Devious Maids, which was recently renewed for a second season. We decided to quiz her on a few topics.

On having a say about what Rudy looked like:
"I wanted her to have longer hair, but that is apparently really expensive in animation, like another 'gazillion' dollars when the hair goes past the shoulders. ... But usually she has a martini and a cigarette in the hand."

The difference between Rudy and Gabrielle Solis, her character from Desperate Housewives:
"I would say Gaby was my opposite. She hated being married, wasn't really domestic, was a horrible friend, didn't want children, so she was like a giant opposite of me, so it was really fun to play her. Rudy is nothing like anything I have ever been, so she is like a complete opposite. So she is this fun character I get to create totally. I have zero reference to play her."

On pushing the limits with animation:
"It is an adult cartoon, so there is a lot of bleeping. The content is very inappropriate and funny. It's in the realm of Family Guy, American Dad. A little more risqué than The Simpsons. But it is really funny and we can't wait to push the envelope and we are lucky to have a format to do it in."

On creating shows and not just acting in them:
"I became famous, or had my success, very late in life. I was 28 or 29 — well not late, but I wasn't 17 like some young star, some child star. I had worked in corporate America; I had already graduated from college, and so I had all of that business background. I love that aspect, because as an actor there is no recipe for success. You can do what I did and it might not work. In business, there are barometers of success."

METRO

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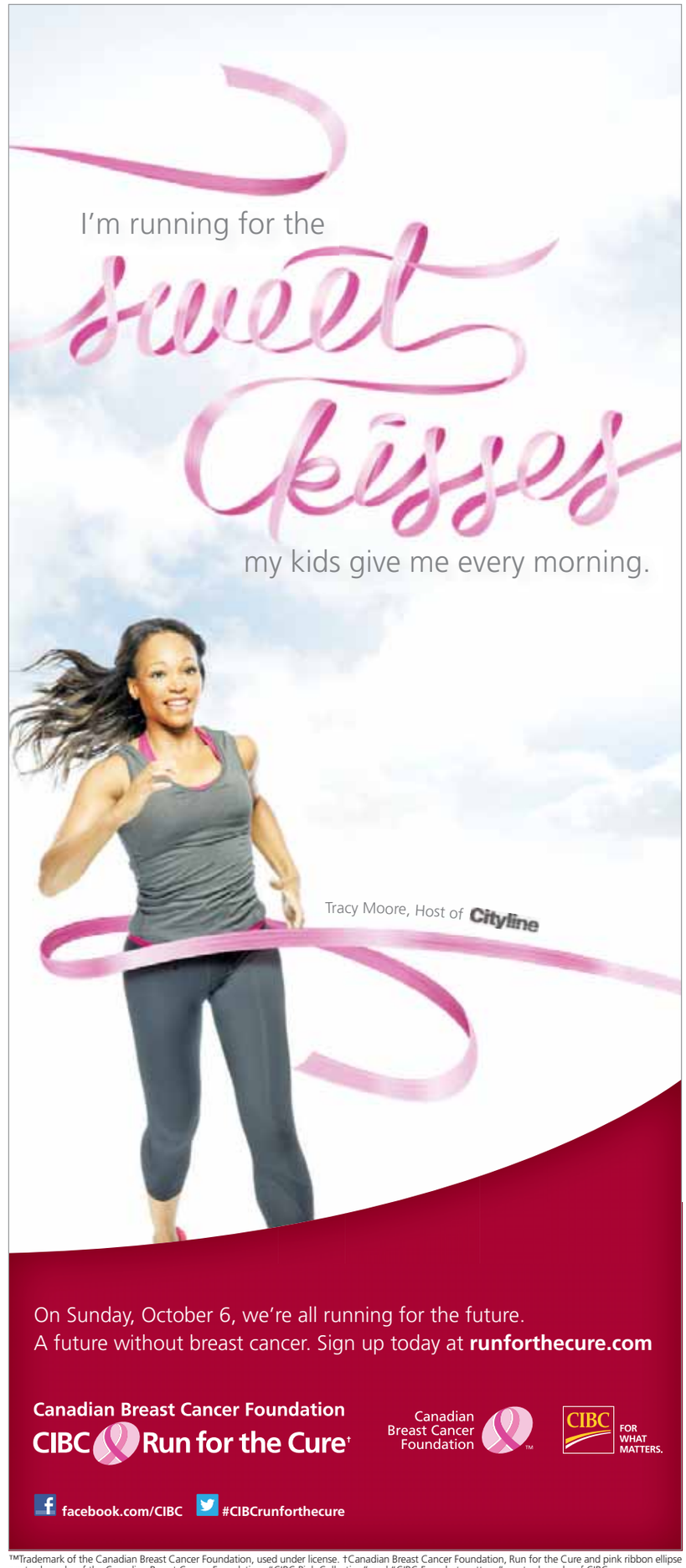
I'm running for the
sweet kisses
my kids give me every morning.
Tracy Moore, Host of Cityline
On Sunday, October 6, we're all running for the future.
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We Are Men

Swimwear surprise for O'Connell

Jerry O'Connell got a surprise when he saw part of his character's wardrobe in the new Global comedy We Are Men. He didn't find out he would be wearing a skimpy swimsuit in several scenes until he saw it hanging in his dressing room.

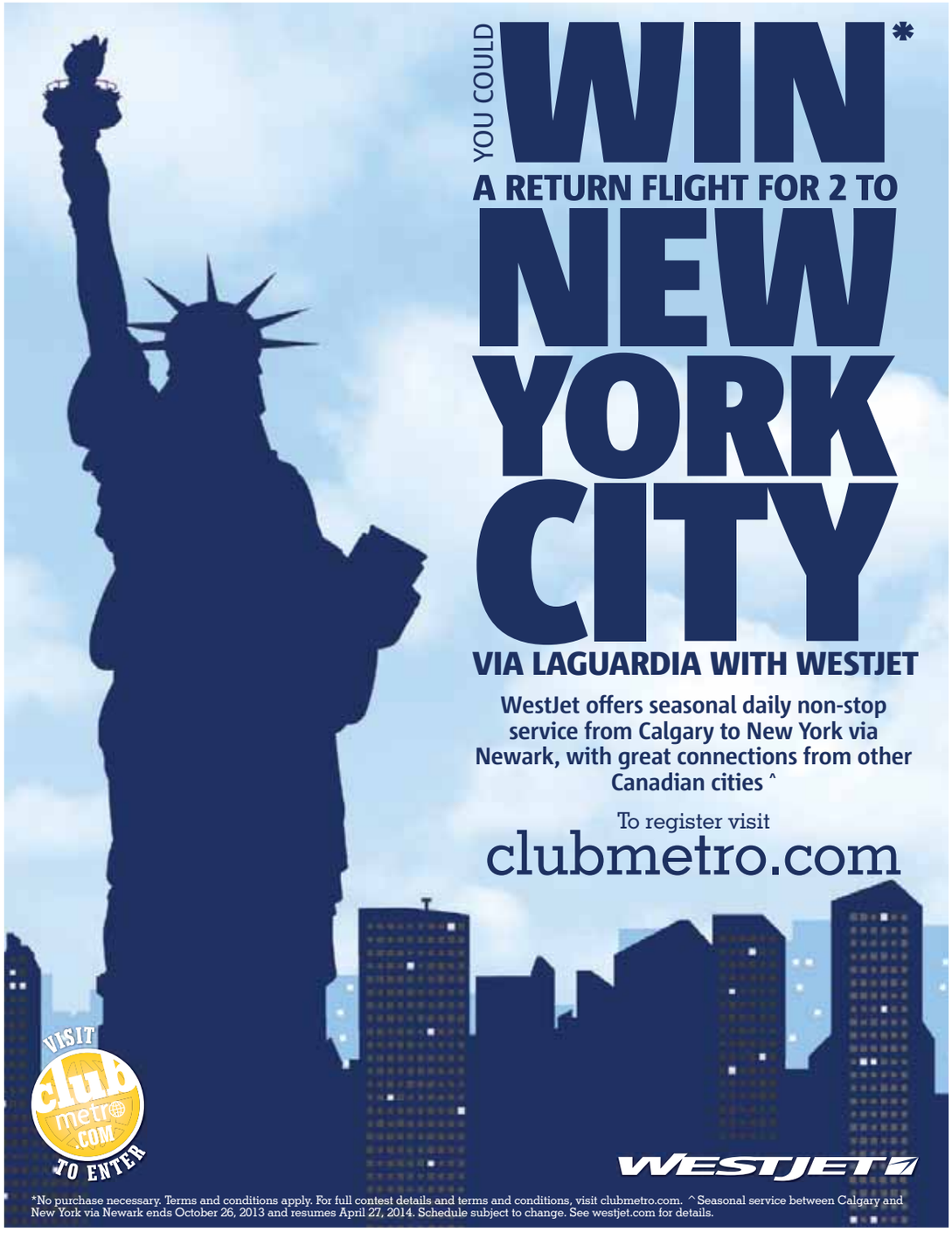
"We're a couple episodes in and I'm in the Speedo continually. I have joined a gym and I've started drinking light beer. I don't know how guys like Michael Phelps do it all the time," he said.

O'Connell's wife, Rebecca Romijn, knows a thing or two about swimsuits as a former Sports Illustrated cover model.

"My wife's advice was, 'Go get a tan, do some push-ups and maybe do some Pilates,'" O'Connell added.

Jerry O'Connell's wife, who is a former Sports Illustrated swimwear model, gave her husband advice on sporting a Speedo. CONTRIBUTED

We Are Men airs Wednesdays starting Sept. 29. THE ASSOCIATED PRESS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Liza Lapira, Rebel Wilson and Lauren Ash in Super Fun Night. CONTRIBUTED

Don't laugh, do think terrible thoughts

Canadian starlet. Learning to improvise with Rebel Wilson was enjoyable, but holding in her giggles while doing so was a challenge

There was one thing Lauren Ash learned early on during the filming of Super Fun Night.

"You get really good at biting the inside of your mouth to try not to laugh, and thinking terrible thoughts," says the Canadian, who stars alongside Aussie Rebel Wilson in the new comedy about three 20-something friends rediscovering the joy of spending a Friday night out on the town.

"They are kind of like fishes out of water, for lack of a better term," said Ash, who plays Marika. "Every week we get to see them do things that you and I may think is normal, but this is a huge deal for them.

"Absolutely, girl's night is a huge thing. I don't know why we have to label it so, but I think women in general like that, 'We are going to do it. There aren't going to be any guys and we are going to wear pyjamas.'"

From personal experience

- Rebel Wilson says Super Fun Night burst from her own social misadventures. The Australian-born comedian-actress said she used to sit home many nights with pals watching DVDs. Then she resolved to spread her wings and force herself into social situations.

Just don't assume this is a female version of The Big Bang Theory, warns Ash. "They are just social misfits. They are weirdos, not nerds. There is nobody who is quoting science or anything." If anything, the show is more akin to a 1980s John Hughes comedy.

To really bond, Ash says the cast spent some time together away from the set — which helped when it came to improvising their scenes.

"You get this rolodex of things you can pull out that the other person will be familiar with and will make them laugh a little bit," says Ash, who studied at Toronto's Second City. "It was a pretty big dream for me to be able to improvise, and it made for a really amazing experience."

Super Fun Night premieres Sept. 30, on City. METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

One Direction. ALL PHOTOS GETTY IMAGES

One Direction in jokey mood with Swift at VMAs

The boys in One Direction certainly have a sense of humour. When asked by E! News about being at the MTV Video Music Awards with Taylor Swift — who won an award for I Knew You Were Trouble, a song supposedly about ex-boyfriend and One Direction member Harry Styles — they got a bit cheeky, with Niall Horan offering, "I don't know, she just started writing songs about me." Styles himself chimed in, reporting that he'd spoken with Swift that evening. "I said, you know, she needs to leave him alone," Styles joked. "I said, 'Niall is a nice guy.'"

Billy Ray responsible for Piers' achy breaky heart

Piers Morgan

Piers Morgan is having a blast teasing Billy Ray Cyrus about cancelling an appearance on his talk show. "Billy Ray was supposed to be on the show tonight to explain his daughter's behaviour," Morgan offered earlier this week, his hopes dashed that the Achy Breaky Heart singer might weigh in on Miley Cyrus' controversial MTV Video Music Awards performance. "I'm not sure he's quite worked out what his explanation is yet, so we've decided to postpone it."

The Word

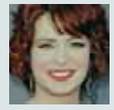
Martin's journey out of the closet was a tough one

While Ricky Martin has been feeling much more at peace since coming out of the closet three years ago, he didn't always feel so great about himself — something he'd take out on others. The Puerto Rican singer admits to GQ Australia that he used to bully other gay people while he was in denial about his own sexuality. "I look back now and realize I would bully people who I knew were gay. I had internalized homophobia," he says. "I was very angry, very rebellious. I was ashamed. When you're told you're wrong by everyone — from society, from your faith — my self-esteem was crushed. I took my anger out on those around me."

Twitter

@ChloeMoretz
That moment when you're about to say hey to someone cause you think you know them but they just have the same face as someone else cause they go to the same plastic surgeon

@ElizabethHurley
Getting that Going Back To School feeling.....labelling clothes and trying to find gum shields.



@diablocody
I am only cool in 30-second increments before I am consumed by a Pigpen-like cloud of loser-stink.

Alec Baldwin

Paparazzi ensure Baldwin boils over once more

While Alec Baldwin having a nasty run-in with the paparazzi isn't necessarily news anymore, the latest incident got more than a little physical. Baldwin reportedly got into a shoving match with a photographer trying to snap a shot of the 30 Rock star and his wife, Hilaria Baldwin, according to E! News. Photos from the scene show Baldwin forcing the man down against the hood of a car, though neither party elected to file a police report. Hilaria gave birth to the couple's first child just days before the incident.

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Mad for la mode

As the show comes to a close, let's chat about the clothes

Christina Hendricks says it's going to be difficult when the seventh and final season of Mad Men starts filming this November.

"I just want to milk it as long as possible," said Hendricks, who plays Joan Harris on the critically acclaimed AMC drama.

"I want to really enjoy this last season every second that I can because it's been a really special time for me and a really special show."

Hendricks spoke to The Associated Press on Thursday in Chicago, where she was hosting the opening of the city's Magnificent Mile Shopping Festival.

So what was her favourite outfit during the show's run? A knee-length, belted purple dress with a silk fuchsia scarf, which was recreated for the Barbie collector doll.

"It has a little kick-pleat in the back," she said. "It's all about the detail. That's why I love all those vintage things. It's the details."

THE ASSOCIATED PRESS

Christina Hendricks
GETTY IMAGES

Trends Report

- A new hair trend that has the web already buzzing may be the next big thing for 2014. Go online to Trends Report to find out what it is. Hint: You'll be seeing halos.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Kiss your lip gloss goodbye

NARS SATIN LIP PENCIL IN LUXEMBOURG $25, NARSCOSMETICS.COM

TOPSHOP LIPSTICK IN MISCHIEF $16, TOPSHOP.COM

When creating a bold lip, keep the rest of your makeup simple.
GETTY IMAGES

CHANEL ROUGE ALLURE VELVET LUMINOUS MATTE LIP COLOUR IN L'EXUBERANTE $34, CHANEL.COM

REVLON COLORSTAY ULTIMATE SUEDE LIPSTICK IN BACKSTAGE, $10

NARS LIPSTICK IN SCARLET EMPRESS $26, NARSCOSMETICS.COM

ESTEE LAUDER PURE COLOR VIVID SHINE LIPSTICK IN POPPY LOVE $25, ESTEELAUDER.COM

Inspired by the striking lips at some of the world's biggest fashion shows, including Burberry, Prada, Missoni and Oscar de la Renta, we decided to round up our favourite bold shades to wear now. Pair them with dewy eyes and barely there makeup for optimum pop.

TINA CHADHA

TOM FORD BEAUTY LIP COLOUR IN WILD GINGER, $48, NEIMANMARCUS.COM

M.A.C'S CULT CLASSIC RIRI HEARTS M.A.C LIPSTICK IN RIRI WOO, $15, MACCOSMETICS.COM

The Kit

Canadian street style

Spotted in: Ottawa

Stephanie Teacher

What she's wearing

Suzy Shier Denim Jumper, Joe Fresh Flip-flops, Armani Exchange Sunglasses.

Her inspiration

"Comfort and ease and once in a while a touch of funk!"

THE KIT PHOTOBLOGGER:
KATARINA KURUC,
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Marc Jacobs Honey Eau de Parfum, $80 (50 mL), available at Hudson's Bay.

"Freshen up your fragrance wardrobe during the last days of summer, with a new spritz from Marc Jacobs. Honey is the inspiration and name of this perfume, but the scent is a mix of pear, mandarin, peach,orange blossom and honeysuckle. With a base of honey and vanilla it smells good enough to eat." Deborah Fulsang, TheKit.ca

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Thirty Seconds to Mars
September 18

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STRETCH YOUR DECORATING DOLLARS

PLENTY OF OPTIONS AT ALL PRICE POINTS

Decorating on a budget doesn't have to be an impossible challenge. There are plenty of options at all price points if you shop around. Here is a four-step approach to make your decorating dollars go further.

STEP 1

Determine your priorities. When creating the perfect comfort zone at home, the initial step is to understand your needs. Ask yourself how a room will be used and by whom. Decide where you would most like to improve your home. When asked which at-home activities would be most improved with the addition of new furniture, most homeowners ranked reading and relaxing as No. 1, followed by spending time outdoors and entertaining visitors. In addition to your furniture, consider decorative accessories such as lighting, pictures, accent pieces and clocks. As you create your plan, think about cosmetic changes in wall colours, window treatments and other elements particular to your rooms.

COLOURBOX

STEP 2

Establish a budget. According to the American Furniture Manufacturers Association (AFMA) study, which has a Canadian chapter, 87 per cent of consumers don't set a budget for decorating and furnishing their homes, which, according to industry experts, is a big mistake.

"Setting a budget will help you plan, understand your decorating goals and, most of all, give you confidence to go out and do it," says AFMA vice-president Jackie Hirschhaut. "No budget is too small, plus it can fluctuate with your changing needs."

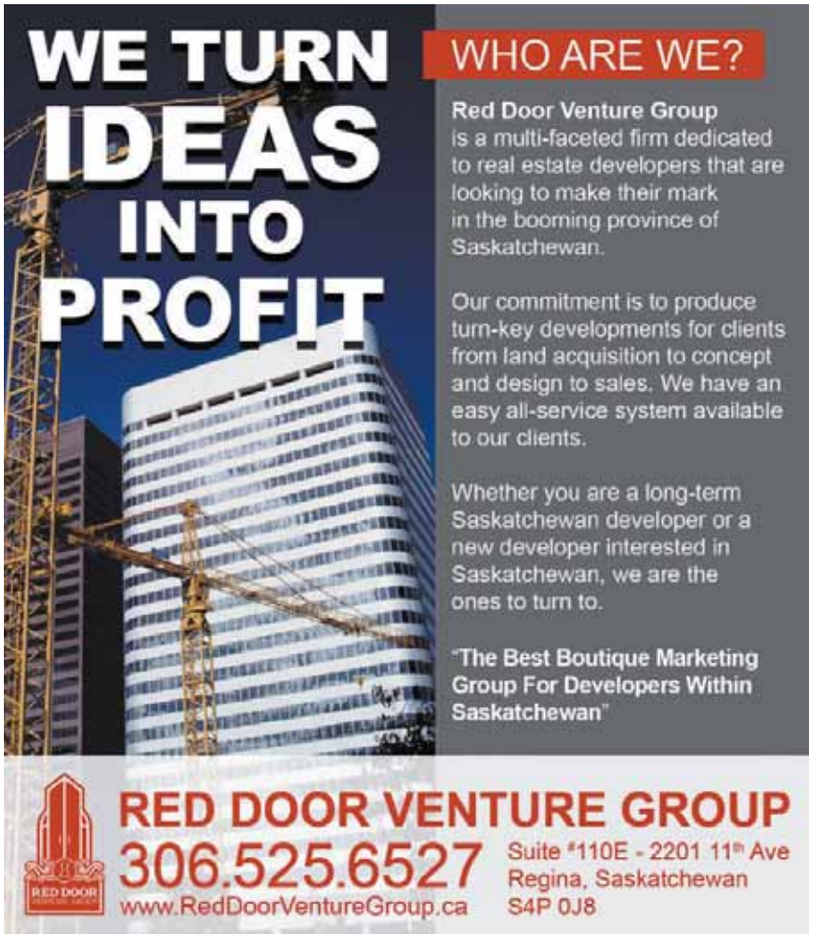
STEP 3

Be your own resource. When it comes to decorating your home, you will probably be surprised at the wealth of information that is easily available to you. Watch your newspaper to learn more model home tours, charity showcase home events or special seminars offered at nearby furniture stores. Surf the Internet and look at decorating books and magazines for great ideas.

STEP 4

Shop with a plan. With a list of priorities, shop with your top selections in mind. Start by research prices and availability of the furnishings you want in your area. Look at pieces in all price ranges, and choose what works best for you. Show your decorating notebook to your retailers since they will be able to offer helpful information on decorating solutions, styles, colour trends and more.

"Home decorating is an evolving process, so don't feel you have to do everything at once," Hirschhaut says. "You should expect your home to change many times over the years, as your lifestyle changes — so have fun along the way."


WE TURN IDEAS INTO PROFIT
WHO ARE WE?
Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.
Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients.
Whether you are a long-term Saskatchewan developer or a new developer interested in Saskatchewan, we are the ones to turn to.
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THE LAND OF PROMISE

SASKATCHEWAN

There is real estate potential as far as the eye can see in Saskatchewan. It's potential that investors should be taking advantage of, according to Jaimey Midtdal, spokesperson for Red Door Venture Group.

The land of the living skies has attracted real estate developers with its burgeoning economy and its future growth potential.

Red Door Venture Group, a Regina-based real estate marketing company, is about to start selling some of the best value homes in Canada.

"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan, and the real estate market has followed suit," Midtdal says.

Red Door Venture Group has paired with the best local developers to deliver high-quality homes in the as-yet-undeveloped land near Regina.

"We work with developers from the land acquisition stage all the way through concept design and sales, to produce turn-key developments for our clients," Midtdal says.

COLOURBOX

Wolferidge Rural Program is one of Red Door Venture Group's current projects, delivering CSA-approved, pre-built, ready-to-move homes to buyers.

Wolferidge Rural Program is real estate development rethought, designed so buyers can choose their homes from a selection of four well-appointed models, placed in several different neighbourhoods throughout southern Saskatchewan.

For more about Red Door Venture Group, or to schedule a complementary consultation, visit RedDoorVentureGroup.ca.

CONTRIBUTED PHOTOS

TAKE A STROLL TO THE SHORE

It will be one of the proudest projects for Adera to date. The Shore will combine the serenity and raw natural beauty of an active, local, salmon-spawning creek with the sleek profile of a modern, urban community.

A paradise for pedestrians, this new community will not only be within walking or biking distance to nearby stores and amenities, but will also provide direct access via public transit to main destinations in North Vancouver, as well as downtown Vancouver via the SeaBus. The Shore will become like the new Shangri-La of North Vancouver.

Following the success of other nearby Adera communities like remix, seven35, and NoMa, The Shore will be the next evolution in striking West Coast modern architecture, sustainable design, and intelligent living.

This community will be certified LEED for Homes Mid-Rise so customers will know they are getting third-party verified measures that will pose a direct financial benefit from lower operating costs, a personal benefit from being environmentally responsible, and a social benefit, inherently bettering the lives of others.

The Shore, when completed, will be a community of 375 apartment homes divided amongst four five- and six-storey wood-framed buildings arranged around a central West Coast piazza, similar to a town square.

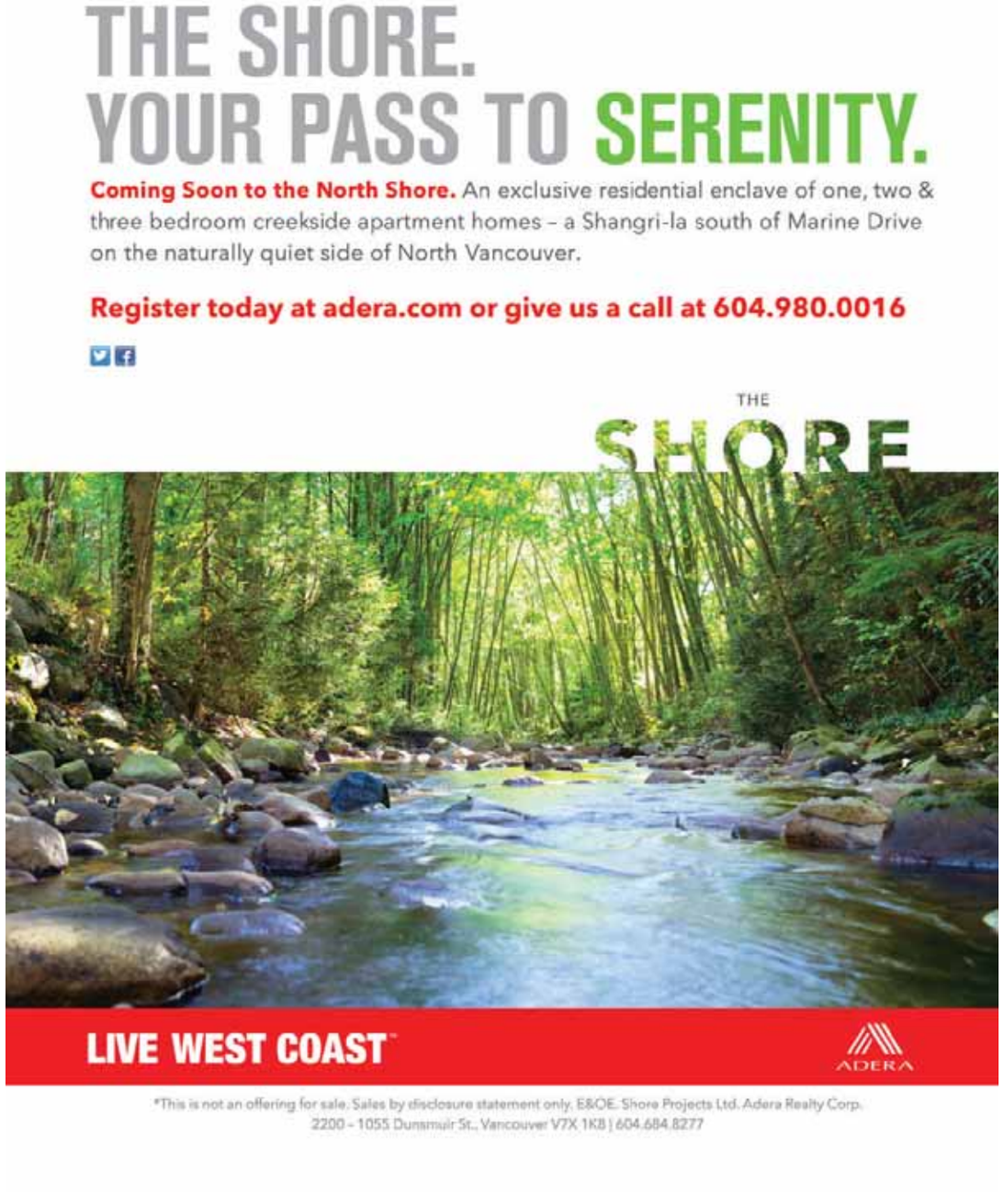
Part of The Shore's mystique relates to its proximity to Mosquito Creek, which runs along the entire westerly side of the community. Mosquito Creek is an incredibly bucolic vision that in no way relates to its name, but, rather, will leave anyone strolling along the banks with renewed peace.

Half of the first two buildings of homes will face onto the incredible view of the creek.

In addition, half of the homes in all four buildings will face an equally impressive view of the West Coast piazza, a scene that includes a bubbling water feature accented with a large display of playful public art, and a strong social draw where people can go to get fresh air, meet with neighbours, or just kick back and read a book.

"The Shore will be a place where family, friends, the community and the environment blend together in perfect harmony," says Eric Andreasen, VP of sales and marketing.

Register today at adera.com for VIP status and your personal invitation to private events in September, long before the public opening.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SOLO DISTRICT: AN ADULT'S PLAYGROUND

Burnaby's skyline is in the midst of being redefined and Appia Development's SOLO District is the reason why.

Altus, the development's second tower, is not just the tallest tower out of the project's four phases but, at 550 feet tall, it will be the tallest building in Burnaby, according to Lisa Murrell, Appia Development's sales and marketing manager.

"We're really excited about the second phase to what is one of the most vibrant, pedestrian-friendly neighbourhoods in Burnaby," Murrell says. "And the views are absolutely incredible — they have to be seen to be believed."

The first 14 floors of Altus will consist of commercial and office units, and the next 15 to 48 floors will feature 280 residential units.

But it's the 5,000-square-foot Club 55, dubbed as "an adult's playground full of amenities," that has people really excited. Located at the top of the building, the innovative space will transform the way residents enjoy gatherings. In addition to Club 55, the 15th-floor rooftop garden and third-floor multi-sport court outside the fitness centre are the proverbial icing on the cake, Murrell says.

"This is built for people who will revel in the downtown living lifestyle," Murrell says. "There is enough room in the outdoor space for meetings, social gatherings, and relaxing. And with cityscape views and mountain ranges, the view is incomparable. It truly is an adult's playground."

CONTRIBUTED

DENSITY BONUS WILL HELP CONTRIBUTE TO COMMUNITY GROWTH

Since Altus' successful sales launch in June, buyers are learning more about the benefits of the exciting development.

Spacious suites, sustainable green energy sources and a highly-coveted transit-enriched neighbourhood are just a few benefits. But now citizens have learned that Burnaby city council approved a density bonus of a little less than $6.7 million from Appia Development for the second phase of SOLO District, according to sales and marketing manager Lisa Murrell.

"Density bonus programs allow developers to add heights to their towers in exchange for a donation of either amenities or cash to city's coffers," Murrell says. "The city of Burnaby agreed to take cash."

That means 80 per cent of the funds — approximately $8.2 million — will go into a pool reserved for amenities that are yet to be announced for the Brentwood Town Centre area. The remaining amount will go towards affordable and special-needs housing.

And when Appia Development's four phases are completed, the company will have contributed $31.7 million in cash and amenities, according to reports.

And that's not to mention the 3,000-square-foot indoor area featuring a full kitchen and dining area, media area, games tables and more, she says.

Appia Development's 45-storey Stratus Tower, the first of four phases, is also under construction and scheduled for completion in early 2015. It will feature junior one-bedrooms, one bedroom, two bedrooms and two-level sky villas.

The condo units themselves are spacious, ranging from approximately 539 square feet to about 1,700 square feet. Among the features included in the luxurious homes are imported Italian Armony Cucine cabinetry in the kitchen and bathrooms and engineered wood flooring in the living area and polished quartz countertops.

For more information, visit solodistrict.com, or call 604-298-8800.

WELCOME TO 'A VERY, VERY COOL COMMUNITY'

Once the entire SOLO District Development is complete, the Burnaby community will be a robust centre with more than 3,000 people living and shopping in the neighbourhood.

The highly-coveted benefit of having a highly transit-oriented community is one of the best features of the project, says Lisa Murrell, Appia Development's sales and marketing manager.

"We're also really lucky to see a high percentage of owner/occupiers who live in North Burnaby and want to live in the homes they own," Murrell says. "We have a really great mix of families, first-time buyers and professionals who really value the transit-oriented community and location."

SOLO will be just steps away from the Brentwood Town Centre, the Brentwood

CONTRIBUTED PHOTOS

SkyTrain station, restaurants, schools and recreational activities.

And like the way the towers are transforming the skyline, the entire four-phase project is revitalizing the community. SOLO District, which stands for South of Lougheed, will house more than 1,400 homes.

It will also hold office space, commercial opportunities and plenty of green space. Among the tenants will be Burnaby's first Whole Foods, right next door to Stratus, as well as other additions.

"This is going to be a very, very cool community," Murrell says. "There's everything anyone could possibly need here, and being able to walk to it all was important to us."

In his state of the city address, Burnaby Mayor Derek Corrigan said SOLO District is a perfect example of a community, citing the area's "elegant and sleek design" and "great public spaces for mixing and gathering" as integral to building a special city.

He also said the project is "an excellent example of how social and environmental sustainability can be combined, as the new streetscape enhances pedestrian and cyclist linkages with opportunities for small group gatherings."

LIVE THE HIGH LIFE

Altus' Club 55 – Burnaby's hottest rooftop patio, soaring 55 storeys high on top of Burnaby's tallest tower. With over 5000 sq. ft of urban play space, there is room for everyone you know. Featuring a full kitchen, large dining room, outdoor lounge with BBQ and fireplace. Entertain your friends or just enjoy the views. There is no other place like this.

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LARGE & LUXURIOUS

PACIFIC POINT ALSO OFFERS STUNNING VIEWS OF THE CITY

Yaletown's Pacific Point could be called a diamond in the rough, but it's actually much more than that.

The 20-year-old building located on a quiet section of Homer Street was bought by well-known developer Nat Bosa, who recognized the potential of the unique building, but also the opportunity to make it something great.

Bosa Development has done a complete renovation and the revamped 28-floor building offers a range of studio suites, one plus den, junior two plus den, and large two plus den condos for singles, professionals and families, says Lisa Murrell, Bosa Development sales and marketing manager.

"The beauty of this project is that the units are actually quite a bit larger than what you can find on the market these days in terms of new construction, and they are priced lower than other new homes in the neighbourhood," she says, adding buyers don't have to pay GST on the units.

CONTRIBUTED PHOTOS

The condo units range from 448 square feet to 1,678 square feet and will feature new Armony cabinetry, top-of-the-line appliances and new washer/dryer for each unit, something that wasn't there before. The building features a double height lobby, a large indoor lap pool, a hot tub, a gym, a yoga area, and a well equipped residents lounge.

The luxurious reinvented condos are backed by the Nat Bosa "value assurance" and are designed by stylish interior designer Cristina Oberti.

"The units are not only spacious, but many of them have unbelievable breathtaking views of downtown, False Creek, David Lam Park, English Bay and George Wainborn Park," Murrell says. "The views are worth it alone but there is so much more to these homes."

For more information about Pacific Point, visit info@pacificpointcondos.com or call 604-685-0855. The sales centre is open daily except Fridays from noon until 5 p.m. at 1323 Homer St.

SUPPORTING A GREAT CAUSE

It's always a rewarding feeling to build beautiful homes at affordable prices, but being involved in important charity work is the icing on the cake.

Bosa Development's Pacific Point two-bedroom, two-bathroom plus den is one of the home prizes of this year's B.C Children's Hospital Lottery. And with 1,072 square feet of space and fully furnished, it's quite the catch.

"It's a great cause and the Bosa family has always been a supporter of the B.C Children's Hospital so we felt this was a great opportunity to participate in the lottery and help raise funds for kids," says Lisa Murrell, Bosa Development sales and marketing manager.

The winner of the Pacific Point home will receive a quality home in one of Vancouver's most sought-after communities. There are other amazing prizes up for grabs, too, including a trip to Paris with $3,000 spending cash, a 2014 Audi R8 Coupe and more than $1 million in cash.

"We're just excited to be involved in such a great cause," Murrell says.

COMMUNITY BUSTLES WITH VIBRANCY, PASSION

What was formerly a warehouse district where train yards provided an industrial feeling now sits an emerging community bustling with vibrancy, passion and culture.

It's no wonder buyers have been flocking to Vancouver's quickly rising community of Yaletown, which has undertaken tides of revitalization and has re-emerged as the go-to destination for trendy restaurants, a thriving nightlife and boutique shops.

And while the community is popular with young adults, couples and working professionals, families are also choosing to call Yaletown home, says Lisa Murrell, Bosa Development sales and marketing manager.

CONTRIBUTED

"We've been seeing more and more families making Yaletown their home and it's a community that's really fostered the urban growth concept," she says, adding that location is everything.

"There are community centres, schools, transportation options and parks spread out throughout the community amongst everything else you would find in a downtown neighbourhood."

The False Creek waterfront community is a perfect blend of business retail, residential and commercial retail, Murrell says.

"Living in Yaletown provides a walkable lifestyle close to everything with something for everyone. You literally have everything you could possibly want at your doorstep."

Families will be delighted to learn a new school will be built in the area to help ease the burden on the popular Elsie Roy Elementary School, which has been at capacity for some time now.

By 2015, the $16.7-million school will add another reason why it's impossible to overlook Yaletown as the place to live, work and play. It's no secret that Yaletown's converted warehouses and hip establishments are quickly becoming one of the city's hottest neighbourhoods.

Yaletown is located in the southeast corner of downtown Vancouver, bordered by Homer, Smithe, Drake, and Beatty streets.

"This is a neighbourhood that transforms the way people live," Murrell says.

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PACIFIC pt.

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PERFECT LOCATION

ONE PACIFIC IS IN THE MIDDLE OF IT ALL

Imagine living in the heart of Yaletown while being able to park the car and walk virtually just one block to any of the numerous hot spots in the sports and entertainment district.

Homebuyers don't have to use their imagination with Concord Pacific's latest project dubbed One Pacific, says Grant Murray, VP of sales. That will be the new norm in Yaletown once this exciting new development is complete.

"I'm really excited about the area because I think it's going to be very vibrant and energetic," Murray says. "This is the perfect location for first-time buyers, working professionals and baby boomers who want to play in the downtown core and who want to be near some excitement."

Despite being in the centre of Yaletown, Murray says residents will still get their peace and quiet time.

"I think that the excitement will be great, and what I like is that it has a quiet time at night because nothing really takes place after 11. So you'll get your quiet time to sleep, but during the day and in the evening you get a lot of interesting things that are going on around this community."

Murray says another highlight of living in the emerging neighbourhood is that it's close to everything; residents can park their cars or choose not even to own one.

"People can pretty much walk anywhere downtown, it's just blocks away. So you've got the False Creek waterfront, Gastown, Yaletown, downtown, Coopers' Park and the Westside. You're right in the middle of it all. I just think that this is a natural place to give up on having a car and enjoying where you live," he says, adding transit is nearby, too.

THE MASTER PLAN

There are actually four major players when it comes to revitalizing Vancouver's north side of False Creek, what's being called the sports and entertainment district.

It's the last large portion of property in the core to be developed and the four groups, including Concord Pacific, are in the final stages of bringing the area to life.

Concord Pacific owns the largest chunk of land and is planning to bring 13 to 15 highrises to the community, according to VP of sales Grant Murray.

"So if you add it all together, there are probably 25 highrises that will be completed in what I call the sports and entertainment district. We're really excited about it," he says, adding that while planning is a bit behind due to the 2010 Olympics, it is now back on track.

"People really want to be here and it's going to be a very popular area."

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A DOWNTOWN ADDRESS WITH AFFORDABLE PRICES

It's the one-of-a-kind development that potential homebuyers have been waiting for. And now it's here — Concord Pacific's One Pacific centrally-located development is on the horizon.

Just one block from the waterfront and Seawall, and minutes away from everything downtown Vancouver has to offer, the 21-storey development features a variety of exciting amenities, including the lavish Riviera Deck. Residents will be able to enjoy a swimming pool with an overhanging glass feature, cabanas, a hot tub, an outdoor lounge, an indoor lounge, kitchen and tasting bar.

And that's not all, says Concord Pacific VP of sales Grant Murray.

"What we've done with this building is to start out with a really affordable product that people can buy. All of the suites run between roughly 500 and 1,000 square feet," Murray says.

CONTRIBUTED PHOTOS

"So 150 homes of the 425 that are in the complex are under $350,000. So we are talking around $313,000 for our lowest price and up to $350,000 for our really nicely designed one-bedroom suites. People can still get into downtown Vancouver with a great product and within their budget."

The design itself features high ceilings and air conditioning, a definite plus when residents want to close the windows, which are specially designed to keep the hustle and bustle noise out.

While many condo units in downtown Vancouver may have a fitness centre, One Pacific will have a 25,000-square-foot centre, but with huge bonus; it's full service, meaning there will be staff on hand to help train residents on the equipment.

"Often, you put fitness centres in some of these but a lot of the time people don't use them because they don't have anyone to teach them how. What we like about this is that you can go down and get some training, you can be with other people, and you can get motivated to really stay in great shape."

The first selling phase for the three-year project is coming later this month. For more, visit liveonepacific.com.

ONE PACIFIC

One Address. Unlimited Possibilities.

A landmark location on Pacific at Nelson, just one block from the seawall, Coopers' Park, Quayside Marina, Yaletown, the Davie Street shops and the exciting entertainment district. One Pacific features a host of extraordinary amenities on the ritzy Riviera Deck including a stunning overhanging glass swimming pool, cabanas, hot tub and fireside lounge outside, and a gourmet kitchen with tasting bar and grand dining hall inside. The amenities extend to the Sky Garden which features a roof top garden, barbecue and dining area. A grand lobby with concierge is where the luxury begins and it extends into every suite with over height ceilings, air conditioning, integrated Miele appliances and a selection of opulent finishes. All of this, together with the on-site retail services - a café, restaurant and a 25,000 sq. ft. state of the art athletic club - ensure One Pacific residents receive a genuine 5-star living experience.

SALES CENTRE:
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FIRST RELEASE FALL 2013
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All illustrations reflect the artist's interpretation of the project and do not take into account neighbouring buildings, physical structures, streets and landscape. These matters will be governed by the terms of the applicable Disclosure Statement in each case. Prices and availability are subject to change without notice. Prices quoted are exclusive of any tax and may reflect various inclusions or exclusions in the offer including but not limited to finishing details and parking provisions. Please check with the Developers' representatives for further details. This is not an offering for sale. Any such offer may only be made with the applicable Disclosure Statement and Agreement of Purchase and Sale. Concord One Pacific LimitedPartnership.

CONCORD PACIFIC

BALANCING SPACE, FUNCTIONALITY

Canada's smallest condos are creating quite a national buzz. The unique homes introduce a new way of living and they are located right here in Metro Vancouver.

Tien Sher's Balance is a four-storey, micro unit condo development in the city of Surrey's amenity and transit-rich downtown, City Centre. Balance's 56 micro units range between 301 to 649 square feet and prove that size does matter when you use it right. The micro units not only provide affordability for homebuyers in what is soon to be Metro Vancouver's largest urban city, but they are transforming the way people live, according to Tien Sher president Charan Sethi.

"This is the perfect place for young or first-time buyers and a rare chance to jump into the housing market without having to save up a lot of money for a large down payment and mortgage," Sethi says, adding the suites are designed for people who earn $18 an hour and more. "This is truly a one-of-a-kind project and we're very excited."

Starting at just $119,900, Sethi says, with a small down payment, owners will pay as little as $217 per month for the first year through a limited time mortgage subsidy program offered by Tien Sher.

CONTRIBUTED

"These micro-suites offer housing affordability without compromise," Sethi says. "Real estate prices in the Lower Mainland are among the richest in North America. In cities like New York, Tokyo and Paris they found a solution — build smaller, but build closer to the amenities today's homebuyers use. We wanted to build new homes that would allow renters to become homeowners today."

Tien Sher also offers another unique development adjacent to Balance called Quattro3 featuring affordable junior one-bedroom, one- or two-bedroom suites, and two-level townhomes — all starting at just $139,900. Tien Sher is offering savings of $20,000 off for the final homes at Quattro3 with payments starting at only $529 per month.

"We like to look for niche markets not being served for today's homebuyers and then fulfil those needs," Sethi says of the two distinctive projects. "When the homebuyer wins we, and the communities we build in, win as well."

Sethi says both projects are just minutes from transit and each benefit from a car share program.

"These developments provide an opportunity for people to get into the market and own something for so little while maintaining an enjoyable lifestyle. These homes have everything a person would need to live, at an affordable price in a great location."

For more about Tien Sher's projects, visit tiensher.com. The Quattro3 sales team can be reached at 604-581-8000 and the Balance sales team at 604-424-8900.

MEET YOUR NEIGHBOURS AT ENGLISH MEWS

Location, location, location — Tien Sher's English Mews project brings beautiful homes to the highly accessible, family-friendly, and growing New Westminster neighbourhood of Queensborough.

English Mews homes are centrally located in the heart of Metro Vancouver but within walking distance to schools, parks, transit, shops and restaurant. This is a win-win situation for homebuyers, says Tien Sher president Charan Sethi.

"This is a very popular development and it's already been selling extremely quickly," Sethi says of English Mews, which is down to the last 16 of 61 new townhomes. "The most important feature is the fabulous location, but these homes offer so much more in such a desirable family-friendly community."

These beautifully designed homes are walking distance to schools, Queensborough Community Centre, parks, and rapid transit. Shops and restaurants abound with locations down the street to the easy to walk to Queensborough Landing outlet mall.

English Mews offers family-sized three-bedroom homes.

"We started with 61 new townhomes. Today, all seven two-bedroom homes are sold out and we've now released the final 18 thoughtfully designed three-bedroom homes. These homes provide excellent use of space including fantastically designed kitchens. I place a lot of value on kitchens because I'm a bit of a cook myself, so those are a definite plus."

The prices range from $399,900 to the $450,000 range for the English Mews townhomes.

Tien Sher is a family-owned and operated company that places emphasis on community.

"We believe a strong community is one where you know the people around you," Sethi says. "The common areas woven through English Mews encourage people to get out to meet their neighbors and explore their new neighborhood."

CONTRIBUTED

The presentation centre and furnished show home are open daily from noon to 5 p.m. (except Friday) at #22-1111 Ewen Ave., New Westminster. For more, visit tiensher.com. To contact the English Mews sales team, call 604-517-1688.

HOMEOWNERS CAN ADD A PERSONAL SPIN ON JADE HOMES

Tien Sher's latest one-of-a-kind project brings tranquility and peace to the centre of Richmond. Just walking distance from a cosmopolitan lifestyle, yet removed from the noise, the beautiful Jade project sits perfectly in the quiet McLennan North neighbourhood across several acres of trails, kids' playgrounds and picnic areas.

Tien Sher president Charan Sethi says the 24-home Jade development ranges from 550-square-foot garden flats to 1,700-square-foot custom-designed homes — essentially something for everyone.

"This project has a twist because we've created these three-level buildings with a small one-bedroom garden apartment at ground level, which is rare in Richmond," Sethi says. "Homebuyers will also be able to select options to personalize their homes."

Families will benefit from the ideal location, featuring two of Richmond's newest schools just a short walk away, while Kwantlen College's Richmond campus is also mere minutes away.

"We like to find those niche markets to provide something that's missing and I think that's what we've done here."

For more, visit tiensher.com.

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Back to the school routine

Summer is sadly almost over and the back-to-school routine will be setting in soon for most families. Getting kids up, showered, fed and on their way is no easy task. Here are some handy products to help ease your child into the school year.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Wake-up light

No need to flicker the lights on and off to wake up your teen; there's an alarm/lamp that will do a better job. HF3505 Philips Wake-up Light, $99, homehardware.ca.

Musical shower head

Encourage more time in the shower by playing their favourite music. Moxie shower head and coloured Bluetooth speakers, from $148, kohler.ca.

Friendly alarm

Sometimes a trusted friend is the only one that can get the kids out of bed. Let your little one choose their fave. LEGO Ninjago Figure Clock, $25, toysrus.ca.

Carry it all

Tweens and teens will run to the shower if they can take their favourite bath accessories without sharing. Mesh Shower Tote, $18, bedbathandbeyond.ca.

Timed toothbrush

With an auto two-minute timer, you'll be sure they are brushing long enough. Fun music tones tell them when to move the brush to another area of the mouth. Philips Sonicare For Kids toothbrush, $70, target.ca.

Where protein and veg exist in unity

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great dinner when you want to combine your protein with your vegetables. Eggplant and chicken go so well together.

It's a comfort-type meal that's great the next day as well.

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray. In small bowl, whisk together eggs and milk. On plate stir together bread crumbs and Parmesan. Dip eggplant slices in egg wash, then coat with bread-crumb mixture. Place on prepared pan and bake for 20 minutes, or until tender, turning once.

2. Meanwhile dip chicken in remaining egg wash, then coat with remaining bread-crumb mixture. Heat oil and garlic in nonstick skillet sprayed with vegetable spray and cook chicken for 4 minutes, or until golden brown, turning once.

3. Spread 1 tbsp of tomato sauce on each eggplant slice. Place one chicken breast on top of each eggplant slice. Spread another 1 tbsp of tomato sauce on top of each chicken piece. Sprinkle with cheese and bake for 5 minutes or until cheese melts.

Ingredients

- 2 eggs
- 2 tbsp milk
- 2/3 cup seasoned bread crumbs
- 3 tbsp grated Parmesan cheese
- 4 crosswise slices of eggplant, skin on, approximately 1/2 inch thick
- 1 lb skinless, boneless chicken breasts (about 4, pounded thin)
- 2 tsp vegetable oil
- 1 tsp minced garlic
- 1/2 cup tomato pasta sauce
- 2/3 cup grated havarti cheese

Layered Chicken and Eggplant Parmesan

This recipe serves four. COURTESY ROSE REISMAN

For your phone

College Kitchen Cookbook (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Amongst advice for reheating leftovers, using slow-cookers and creating hang-over cures, this post-secondary chef's guide includes frugal and creative recipes for making ramen burritos, Margherita pizzas, and no-bake cookie bars.

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BACK TO SCHOOL

Thursday, August 29, 2013

Advances in technology, such as tablets, laptops and smartphones, are taking the power of learning to a whole new level in schools across the country. SYDA PRODUCTIONS/COLOURBOX

No more pencils, no more books

Change. Interactive technology means schools are slowly switching to paperless classrooms

MICHELLE WILLIAMS
For Metro

Digital learning has finally come of age in schools.

"Learning in the 21st century is all about getting kids actively involved and highly engaged, giving the students a voice and encouraging them to take ownership of their learning," said Toronto District School Board principal Cassandra Alviani-Alvarez.

Access to technology in every school, from laptops to tablets to smart boards (interactive white boards), is interactive and paying off in classrooms.

"Kids are spending a lot more time learning," Alviani-Alvarez said. "We have mobile carts that travel from class to class with enough tablets and laptops for everyone in the class. It's fair to say that, in some schools, kids are spending well over half their time on computers."

While not all schools are wireless yet, ministries are pushing for high-tech learning in the near future. It's meant to keep up with the fast pace of the digital world and optimize electronics in child-based learning.

"We want kids to have good problem-solving and critical-thinking skills," Alviani-Alvarez said. "And we live in an era where learning happens quickly as a result of the Internet. We're also in an app world. Kids use apps for everything from figuring out money to doing multiplication tables."

So how does it all work?

"Teachers post work on a smart board, kids do the work on their computers or tablets and submit the work online to their teacher using the class website," Alviani-Alvarez said.

"Kids love learning this way and it takes the power of learning to a whole new level."

So are books going the way of the dinosaur?

"Of course we still use books, paper and writing utensils. We don't want kids sitting in front of the screen all the time. But computers have so many great applications to help spark engagement, deepen learning and open new possibilities for students."

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Children should eat a balanced breakfast consisting of choices from at least three of the four food groups before heading off to school. SYDA PRODUCTIONS/COLOURBOX

Boost your breakfasts

MICHELLE WILLIAMS
For Metro

Studies show that children who eat breakfast concentrate more and learn better with energy to participate in activities.

Brandy McDevitt, a registered dietitian and co-owner of TummyThyme, an Ottawa-based consulting service specializing in kids nutrition, answers some questions about breakfast before going to school.

Q My kids only want to eat high-sugar cereals. Should I just let them eat it?

A For healthier cereal choices, look for options made with whole grains with at least five grams of fibre and less than 10 grams of sugar per serving with a short list of ingredients that you can understand.

Q We are late sleepers and never seem to have time to sit down for breakfast on weekday mornings. What can I do to ensure my children eat healthy?

A Do some healthy baking in bulk on the weekends when you have time. Other quick and easy options to grab and go are fresh fruit and a handful of nuts, individual containers of yogurt, or dry cereal in a baggie.

Q How do I know if my kids are eating a healthy breakfast that optimizes learning?

A A balanced breakfast would consist of at least three of the four food groups. Some examples would be bran cereal with yogurt and blueberries; whole-grain bread, peanut butter and milk; a homemade banana muffin and a glass of almond milk; or eggs, whole-grain toast and sliced tomatoes.

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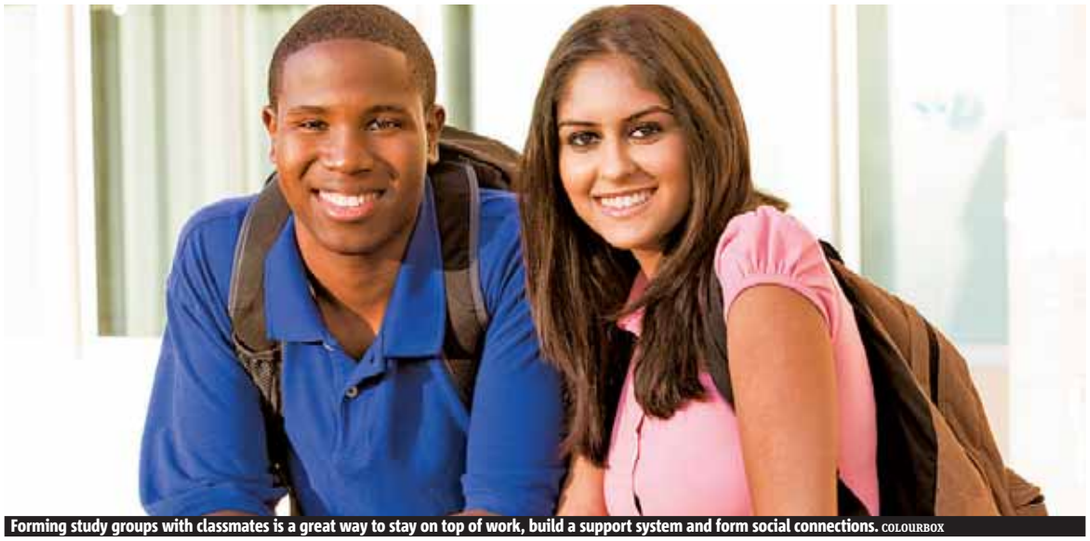
Making a smooth transition to university

And college. It helps to know that some anxiety is normal, says one expert

MICHELLE WILLIAMS
For Metro



Forming study groups with classmates is a great way to stay on top of work, build a support system and form social connections. COLOURBOX

There is always an adjustment when kids change schools, but there is nothing quite like making the transition to university from high school.

For many, it's not just switching schools, it's also moving away from the safe place you have called home all your life and forging new friendships among a vast sea of other students all dealing with the same set of challenges.

"Many first-year students adjust to university life with minimal difficulty," said Aneesa Shariff, a psychologist with the University of British Columbia counselling services. "However, some of the most common problems I hear about tend to cluster around a theme of feeling lost. Some students find it difficult to navigate a large campus having come from high school and this can be even more challenging for students who are from smaller towns.

"It helps to know that some anxiety is normal in the face of multiple changes, but with a little patience and perseverance, most students adapt well after a short period of time."

She stresses that if things don't improve or seem to be getting worse after a few weeks on campus, remember that universities have many resources and services to help support students through the transition.

One common concern for parents is the academic shift.

"There's a big adjustment around being one face among hundreds in large lectures," Shariff said. "Perhaps the biggest change is the lack of check-ins around homework and assignment completion, which is a significant shift from the structure of high school classes. This makes it difficult for some first-years to keep pace with coursework and can negatively impact their academic performance."

Shariff recommends a fixed study schedule from the beginning of the school term. While it may be tempting to put off serious studies until midterms, this can cause tremendous stress and is often a recipe for failure.

Forming study groups with classmates is a great way to stay on top of work, build a support system and form the social connections that will contribute to a positive transition to university life and academic success.

New responsibilities

"Perhaps the biggest change is the lack of check-ins around homework and assignment completion ..."

Aneesa Shariff, a psychologist with the University of British Columbia counselling services

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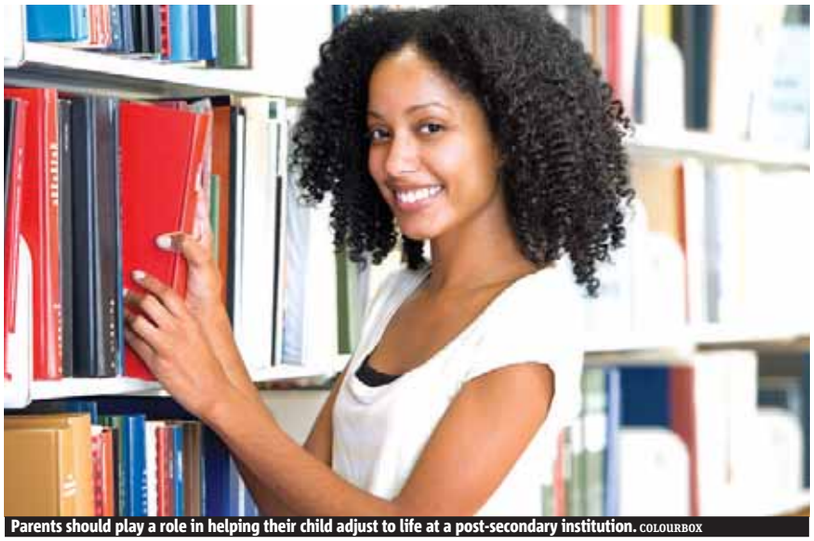

Parents should play a role in helping their child adjust to life at a post-secondary institution. COLOURBOX

Post-secondary. Help your child with their new venture

MICHELLE WILLIAMS
For Metro

Is your son or daughter leaving the nest to head off to university or college?

With the help of Janice Robinson, director of University of British Columbia's residence life and administration in student housing and hospitality services, here are some ways you can help support your student as they venture off to a post-secondary institution.

Read up together. Go online with your child and find out about the resources offered on campus and read any emails the university or college has sent. Review the residence contract together to find out about the rules of the residence. And pick up a copy of Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years (2011 edition) by Helen Johnson and Christine Schelhas-Miller.

Talk. Take time to discuss such matters as how your child will manage the commitment of homework, deal with such temptations as alcohol, drugs, sex and partying, maintain a budget, eat properly, do laundry and keep themselves and their belongings safe. Be sure your student knows their residence adviser is there to help.

Get organized. Check that your child is packing appropriately for campus life without too much (residence rooms are small) or too little. Ensure their belongings are properly insured against loss and theft.

Text, email and call. Let your child know how things are going at home, but don't expect as much information in response. This is a time when students are seeking independence, so give them space.

Reassure. If your child does call or write you in a panic, it's important to be calm and supportive. Coach them about ways to manage and seek help, and resist the temptation to step in unless things seem to be spiralling out of control.

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Checklist for a milestone day

Kindergarten. A few tips to help make that precious first day go smoothly for your child

MICHELLE WILLIAMS
For Metro

Are you and your child ready for the first day of kindergarten? These helpful tips may help the transition go smoothly. COLOURBOX

The exciting first day of school is just around the corner for your child entering kindergarten. Are you all ready for this new milestone?

Toronto District School Board kindergarten teacher Lorraine Arnone-Di Mondo shares some tips for a smooth start to the school year:

1 Make sure the school has a complete and current list of emergency contact numbers. "It's amazing how often we try and call parents and we can't get hold of them," Arnone-Di Mondo said.

2 Have proof of vaccination papers ready. "If you aren't able to supply these for any reason, it could interrupt the start of school for your child."

3 Ensure your child can go to the bathroom independently. "Kids should be able to wipe, flush and wash their hands on their own. They should also know about coughing into their elbow and wiping the nose with a tissue to avoid spread of germs."

4 Children should have a solid bedtime regimen. "Start this routine before school starts so they're alert and on time when they arrive."

5 Help them learn the basics. Practise counting, reciting the alphabet, recognizing numbers, letters, colours and some animals, along with things like the difference between two and three or what certain letters sound like.

6 Teach your child to print their name. "Students should be able to hold a pencil and identify the appearance of their name so they can locate their things within the classroom."

7 Expose your child to books every day. Choose books with pictures and large text so the child can make a connection between words and concepts. "We don't expect a child to read, but they should know how to hold a book, open it and turn pages."

8 Teach them how to independently dress themselves. They need to be able to take coats and boots on and off. "Buy shoes with Velcro if they can't tie their laces."

9 They should have a backpack with their name on it. "It needs to be big enough for artwork, books, snacks, lunches and shoes, but small enough for them to manage."

10 Send in an extra bag with a change of clothes for your child. "This is just in case clothes get wet or spilled on." Ensure that their name is on everything.

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4 SPORTS

U.S. Open

Murray unfazed by delay in kickoff to title defence

Andy Murray shrugged off any risk of distraction from a rain delay and recorded a straight-sets victory over Michael Llodra on Wednesday to begin his U.S. Open title defence in authoritative style.

Murray's match did not begin until almost 10 p.m. local time after a lengthy rain delay, and the Scot put on a near flawless performance to notch a 6-2, 6-4, 6-3 win.

Murray, who is seeded third, made only five unforced errors, while compiling 34 winners in the one-hour, 38-minute match. THE ASSOCIATED PRESS

Andy Murray defeated Michael Llodra in straight sets Wednesday. CHARLES KRUPA/THE ASSOCIATED PRESS

MLB

Yankees yield early in Toronto

Edwin Encarnacion hit a two-run homer and Ryan Goins scored twice as the Toronto Blue Jays defeated the New York Yankees 7-2 on Wednesday night at Rogers Centre.

The Blue Jays put up four runs in the first inning off New York starter Hiroki Kuroda. THE CANADIAN PRESS

The Whitecaps signed Homegrown Player Sam Adekugbe on Wednesday. BOB FRID/WHITECAPS

Whitecaps ink residency defender

MLS. Vancouver side will lose starting midfielder Teibert for Sept. 7 match due to call-up to Canada's national team

CAM TUCKER
cam.tucker@metronews.ca

A member of the Vancouver Whitecaps residency program is moving to the first club.

On Wednesday, the Whitecaps announced the signing of left back Sam Adekugbe as a Homegrown Player. Terms of the deal were not released.

Adekugbe, born in London, England, has been part of the Whitecaps Residency program since September 2011.

He'll be on the club's Major League Soccer roster, as well as the Whitecaps' U-18 squad for the 2013-14 United States Soccer Development Academy season.

According to league roster rules, the signing of the 18-year-old Adekugbe means he will bypass the MLS SuperDraft because he has been training with the Whitecaps development club for more than a year.

"Sam is a fantastic young talent and someone we're all very excited to bring into the first team," Whitecaps FC head coach Martin Rennie said in a statement.

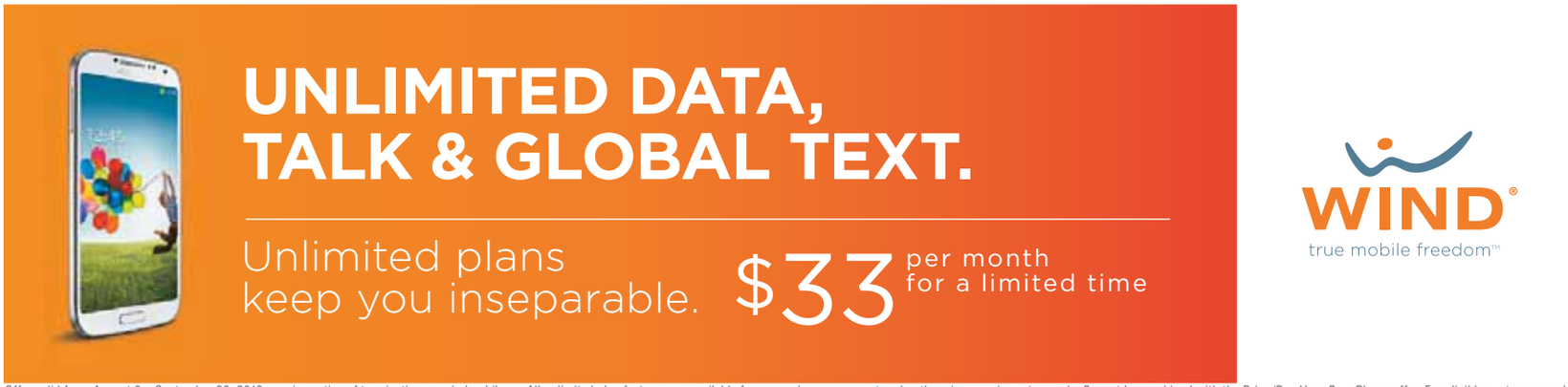
"We've watched him closely over the past few years as he developed with our residency program and we're very confident that he has a bright future ahead."

It got better for Adekugbe, but not necessarily for the Whitecaps, as they continue their push for an MLS Cup playoff spot.

Adekugbe and starting midfielder Russell Teibert have been called up to the Canadian senior men's team for camp in Valencia, Spain. The camp runs Sept. 1 to 11.

Teibert, who has made 16 starts for the Vancouver side this season, scoring two goals and eight assists, will play Sunday against Chivas USA.

He will then depart for Spain, joining the Canadian squad on Sept. 3 and missing Vancouver's pivotal Western Conference match with FC Dallas four days later.



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metro

Sochi spotlight searing for men's hockey team

2014 Olympics. GM Yzerman expects to have roster figured out by mid-December

Players left Canada's Olympic orientation camp in Calgary knowing the road to proving they belong in Sochi begins now.

Coach Mike Babcock wanted each player to know what it would take to make the team, but it's up to general manager Steve Yzerman and his staff to start evaluating once the regular season gets underway.

"The final scouting for the management group to put the final roster together begins immediately," Yzerman said.

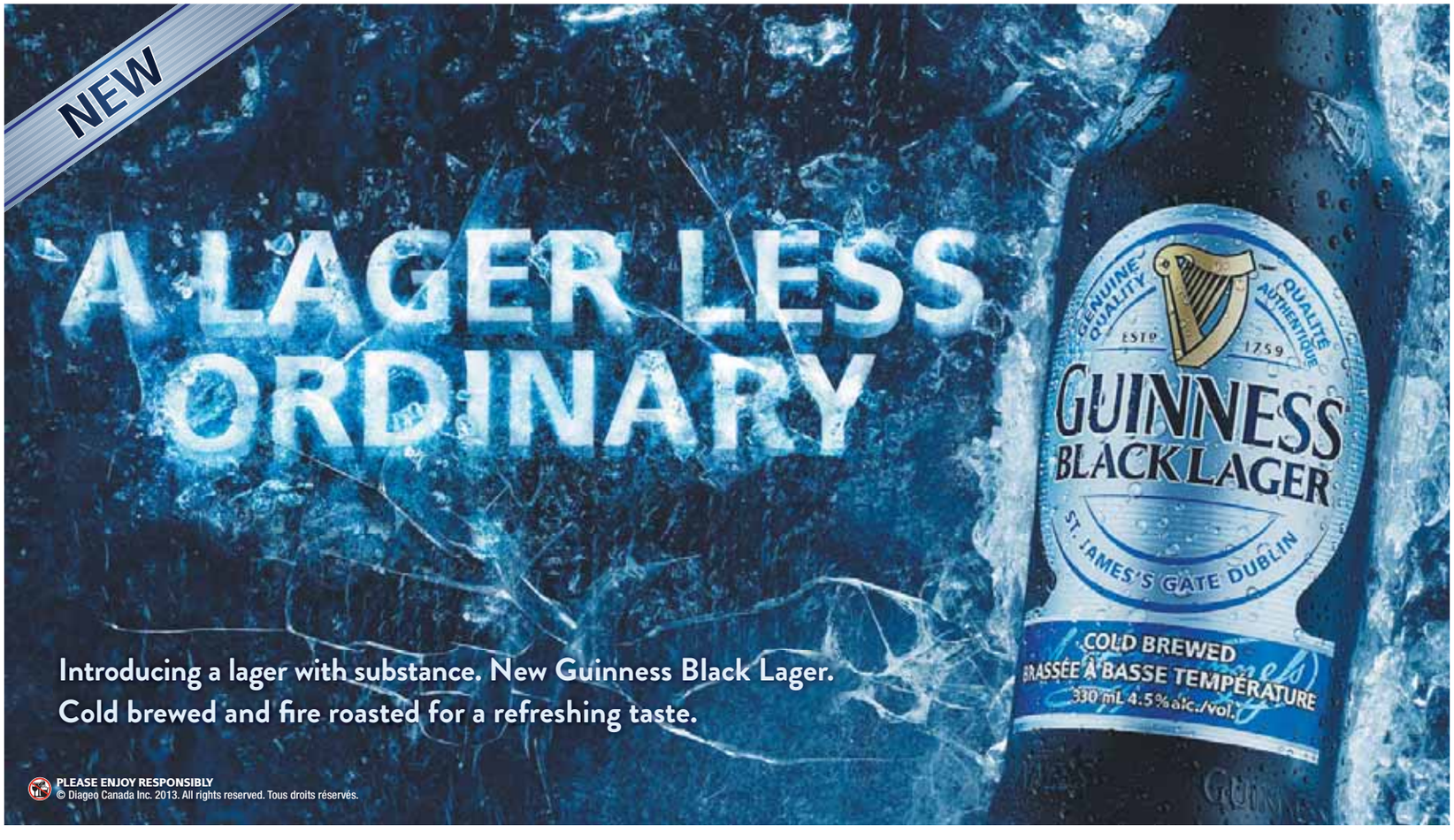
Team Canada Olympic head coach Mike Babcock THE CANADIAN PRESS

That's a lot of pressure all around, when the expectation in Canada is nothing short of a gold medal. Team Canada's management group has a representative from every division — the Boston Bruins' Peter Chiarelli, the Detroit Red Wings' Ken Holland, the St. Louis Blues' Doug Armstrong and the Edmonton Oilers' Kevin Lowe — so the spotlight will be bright.

"I think it's going to be on your mind fairly often, whether you're being asked about it or you're playing against guys who were at the camp, it's going to come up," Pittsburgh Penguins captain Sidney Crosby said.

"It's always in the back of your mind, but I think if you just focus on playing well for your own team and making sure you have a good first half, then everything kind of takes care of itself."

THE CANADIAN PRESS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Horoscopes

♈ Aries
March 21 - April 20
Others will look to you to lead the way and to make the kind of decisions they are either unable or unwilling to make. It's a big responsibility but you're big enough to shoulder it — and you're a natural leader.

♉ Taurus
April 21 - May 21
You will have to get tough with someone you work with today. You know if you don't, they will take it as a sign of weakness and walk all over you. Don't let it reach that stage.

♊ Gemini
May 22 - June 21
The most important thing now is that you let the world know you cannot be taken for granted. That does not mean go to extremes but find ways to show you are a serious player.

♋ Cancer
June 22 - July 23
Anything that requires careful planning and sustained effort will come easy now and even if you start from a position that is way behind your rivals, you will soon overtake them. You have what they don't: staying power.

♌ Leo
July 24 - Aug. 23
Take a leading role in whatever project you are working on. You don't have to barge in, elbows flying, and knock everyone else out of the way. Just lead by example and others will surley follow.

♍ Virgo
Aug. 24 - Sept. 23
You may have thought that battles with co-workers were a thing of the past, but no such luck. If you are challenged today, you must strike back quickly and decisively.

♎ Libra
Sept. 24 - Oct. 23
Take a risk today if you think the odds are worth it but if you are uncertain then leave well alone. There may be only a dollar or two at stake but if you lose it will feel like a million.

♏ Scorpio
Oct. 24 - Nov. 22
You will snap at people for the slightest little thing today. With Mars moving through the most ambitious area of your chart you simply cannot be bothered with other people's petty problems.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be on the move today, so whatever your duties or chores may be, make sure you give yourself some free time. If you get an invite to a social event, take it.

♑ Capricorn
Dec. 22 - Jan. 20
Don't turn down an opportunity for a promotion just because there is a lot more work involved. Since when have you been afraid of rolling up your sleeves and getting stuck in? Show them how it's done.

♒ Aquarius
Jan. 21 - Feb. 19
Give yourself something to aim for and don't stop until you have reached your goal. It may at times seem as if the world is against you but that will encourage you to try harder.

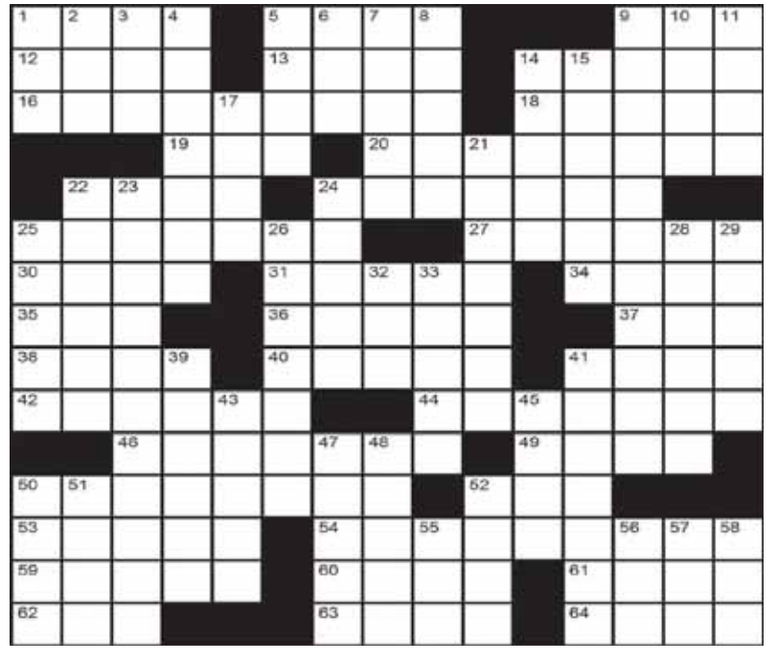
♓ Pisces
Feb. 20 - March 20
Friends and family members will let you know they are there for you today, and that's nice. Not that life will get especially tough over the next 24 hours but it's good to know support is there if you need it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

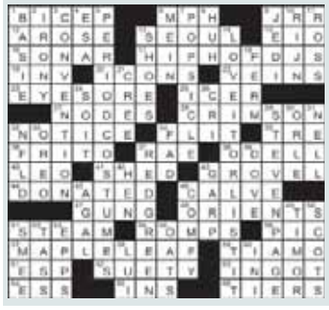
BY KELLY ANN BUCHANAN



Across
1. Types of PC files
5. __ tape
9. 1996 Snoop Dogg album: '__ Doggfather'
12. MTV's "The __ World"
13. Bread spread
14. Taj __
16. CFB __ (Naval base on Vancouver Island)
18. Jane Eyre was her governess
19. Fast rotation meas.
20. Canuck canine
22. Shakira's "__ Don't Lie"
24. Beyonce's sister
25. Eat elsewhere: 2 wds.
27. Parts of things
30. Additional
31. Morning jam spot
34. __ Spring Island, BC
35. Sport-__ (All-purpose vehicle)
36. Tedium
37. Week part
38. Scoop holder
40. Moves toward
41. Hide
42. Results
44. Canadian History: 17-century explorer who acted as an interpreter among First Nations, __ Brule
46. Confidant
49. Pay to play
50. Given a new book name
52. Dieter's stat.
53. Maid on "The Brady Bunch"
54. This thingy - ...in math: 2 wds.
59. Spelunker
60. Mr. Redding
61. Merle Haggard's "__ from Muskogee"
62. Compass dir.
63. Canadian actress Ms. Mitchell on "Pretty Little Liars"
64. "Cool!"

Down
1. Before
2. Iowa's capital, __ Moines
3. Website's help listing, commonly
4. Winnipeg, 'The __ Capital of the World'
5. Actor Mr. DeLuise's
6. 'Form' suffix
7. Classical quartet instrument
8. Wreck
9. Chocolate chip cookie by Canadian food brand President's Choice: 2 wds.
10. Angel's crown
11. Yankee or Oriole, e.g.
14. __ Nixon, soprano whose singing was dubbed in for Natalie Wood in "West Side Story" (1961)
15. Words of wisdom
17. __ facto (By the fact itself, in Latin)
21. John the __
22. Socialite, Paris __
23. Jann Arden hit
24. Castle material
25. Mr. Bigalow, Male Gigolo
26. Fork or spoon
28. "Seinfeld" role
29. Flair
32. Ms. Ortiz of "Ugly Betty"
33. More certain
39. The Kennedys family member
41. Deer, to a carnivore
43. Compound in perfume
45. Pet food brand
47. Audition tapes
48. Meathead's mother-in-law
50. Running competition
51. Panache
52. Occupied
55. Ms. Peeples
56. Pres. Eisenhower
57. Angelina Jolie title role
58. Sandra Bullock movie, "The __" (1995)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5	4		8			
	6					1	2	
3	8				6	4		
6		1	9				5	
				8				
	2				1	3		9
		3	5				8	2
	4	2					6	
			8		2	7		

Yesterday's Sudoku

5	7	3	6	8	2	1	9	4
2	4	6	3	1	9	5	7	8
1	9	8	7	4	5	6	3	2
7	8	5	1	9	6	4	2	3
4	6	1	2	3	7	8	5	9
3	2	9	8	5	4	7	6	1
8	3	2	5	7	1	9	4	6
6	5	4	9	2	8	3	1	7
9	1	7	4	6	3	2	8	5

Today
20°/15°
Showers
80%

Friday
20°/14°
Variable

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Check the 14 day trend.
TWN incorporates MSC data

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Color: Stainless Steel

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Model: MBRC0GAXW
Color: White
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SALE PRICE **$699**

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Model: MCM5SUWW
Color: White

SALE PRICE **$199**

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Color: White

SALE PRICE **$399**

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Color: White

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Color: White

SALE PRICE **$429**

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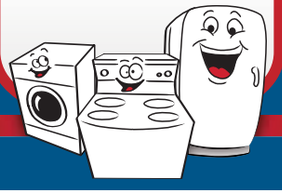

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